

Post Cortisone Injection protocol

After your injection you may experience increased pain for 2-3 days. This is not unusual and you should not be concerned by this. It may take up to 1 week to get full relief from the injection. You may find it helpful to:

- Use ice at the injection site 15-20 minutes at a time 4 times a day for the next 2-3 days to help reduce discomfort.

- Take over-the-counter pain medication as needed for discomfort.

- You may resume normal activities but avoid any increased or strenuous activity involving the injected joint.

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If you are diabetic, you may experience an elevation in your blood sugar for several days after your injection. If you have concerns, please contact your Primary Care Physician.