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## Post 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.

Some patients may note some pain relief after the first or second injection, however, often patients have no relief until 4-6 weeks after the final injection.

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.

**Please call us at 603.883.0091 with any issues or questions.**

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