



## Cortisone Injection Information and Instructions

The response to cortisone injections is variable and unpredictable. In order to give the medication a chance to reduce the inflammation, it is recommended that you take it easy for a day or so. If you received an injection in your lower extremity then you ought not do any excessive walking, kneeling, squatting etc. for a few days or until you feel better. For injections into the shoulder or elbow, you should refrain from throwing, weight lifting, any repetitive or strenuous activities.

Sometimes you may get a "reaction" to the medicine that was injected. It is more of an irritation rather than a true allergy. It is suggested that you apply ice to the affected area 20 minutes on and 20 minutes off. **DO NOT APPLY THE ICE DIRECTLY TO THE SKIN.** Use a thin layer (T-shirt, pillowcase, towel, etc.) to protect the skin from frostbite. If you do develop symptoms of a true allergy (hives, difficulty breathing, etc.) then you should go to the nearest emergency room. Should pain develop around the injection area, it is usually mild. You can try any of the following remedies:

- 2 Tylenol extra strength tablets every 4-6 hours
- 1-2 Aleve tablets twice a day
- 2-3 Advil tablets two to three times a day

\*Do not take any of the above medicines if you are taking any blood thinners (Coumadin or Plavix) or if you have any bleeding tendencies, ulcers or acid reflux or are also taking any anti-inflammation medicines (arthritis pills) such as Motrin, Naprosyn, Vioxx, Celebrex etc. \*

The medicine in the injection has a local anesthetic like when you go to the dentist and they inject your gums. It wears off in an hour or so. Don't think that the injection did not work. It may take a few days for the cortisone to reduce the inflammation.

\*\*These instructions also apply to patients receiving Synvisc (Supartz) injections into the knee joint. However, there is no local anesthetic in the injection. The medication syringes come pre-packaged and are used according to the manufacturer's instructions. There is a small incidence of injection site pain which is usually mild and responds to rest and ice. \*\*

**Kenneth A. Jurist, M.D., Joseph H. Guettler, M.D.**  
**24255 Thirteen Mile Road, Suite 100**  
**Bingham Farms, MI 48025**  
**248-988-8085 Phone / 248-988-8565 Fax**

*"At Performance Orthopedics it's all about You at your Peak Performance"*  
*www.performanceorthopedics.com*