



BEFORE & AFTER CARE INSTRUCTIONS CORTISONE INJECTION

PRE-PROCEDURE INSTRUCTIONS

PLEASE NOTE: EVERY EFFORT WILL BE MADE TO AUTHORIZE AND SCHEDULE YOUR PROCEDURE IN A TIMELY MANNER. HOWEVER, SOME INSURANCE MAY TAKE UP TO **14 DAYS** FOR APPROVAL.
THANK YOU FOR YOUR PATIENCE.

1. Plan to arrive a few minutes before your scheduled procedure time (or as instructed by the facility where you will be having your injection done).
2. **What Meds Do I Take?**
 - You should take your regular morning medications (including pain medications) with tiny sips of water as directed. You will **NOT** take any **anti-inflammatory**, or those meds listed below [# 6]. You will then resume **all** regular medications **after** your injection unless otherwise specified by your doctor.
3. If you are **diabetic** and on **insulin**, please notify us as the corticosteroids may temporarily increase your blood sugars.
4. **What Meds Do I STOP?**
 - If you are taking **aspirin, Ticlid, Plavix, Trental, Persantine**, or any other **anti-inflammatory medication** (ie: Advil, Aleve, Celebrex, etc), please do not take it for **5 days prior** to your procedure, (please contact our office if you have questions).
 - If you are taking any of the following supplements (**Ginkgo biloba, Genseng, Echinacea, Kava, Evening Primrose Oil, Vitamin E, Limbrel**, etc.) in any formulations, please do not take them for **5 days prior** to your procedure. If you have any questions about a particular supplement, please contact our office if you have questions.
 - If you are taking **Coumadin*** (***or any other blood thinning medication***) please notify us because it may need to be stopped before the injection (depending on what is being injected).
5. Please wear loose comfortable clothing, since we may have you remove articles of clothing for the procedure.
6. You may place ice at the injection site (20-30 min at a time) every 3-4 hours **as needed for pain** for the first 24-48 hours following the injection.
7. If there is a possibility you are **pregnant** or are breast-feeding, please notify us immediately.
8. **VACCINATIONS***: (please let us know your **VACCINATION STATUS**, when and what type of vaccine was given)
 - Wait 2 weeks after a steroid injection to get a FLU or Pneumonia vaccine.
 - Wait 2 weeks before or after a COVID vaccine before getting a steroid injection.
(due to the potential steroid effect diminishing the effectiveness of the vaccine) *.

POST-PROCEDURE INSTRUCTIONS

The following instructions will help you to care for yourself, or someone else to care for you, when you return home today. These guidelines are for your care immediately after your procedure.

****You will need to make a follow-up clinic appointment "2 WEEKS" after your injection to assess your response****

1. **Wound Care and hygiene**

Ice packs: for about 15-30 min at a time for the next 3 days to decrease swelling.
Warm heating pad: 3-4 times daily starting after 3 days.

2. **Activity**

You may return to work or school usually in 2-3 days after the injection (some patients may require a little longer time period). Recommended activities are as follows: minimal activity the day of the injection, 50% of normal activity the 2nd day, 90% of normal activity the 3rd day [NOTE: **no heavy activity/lifting for 2 weeks**]. If you have weakness or numbness anywhere caused by the injection, limit activity until sensation returns to normal.

3. **Physical Therapy**

Physical therapy will be coordinated with the **type** of injection you recieved.

4. **Diet**

Drink plenty of fluids and eat light meals today. Start your regular diet today if you are not nauseated and feel up to it.

NO: HOT TUBBING, SWIMMING, BATHS (may shower if desired) for 24 hours after your injection (minimize any risk of injection site infection)

5. **What to expect after the procedure**

Some soreness and bruising at the injection sites. Other side effects: please refer to the information sheet on the procedure you had done.

6. **Call your doctor if:**

Any unusual increase in you level of pain. Any unexpected swelling or development of a skin rash or itching.

7. **Other instructions**

To help us check the results of your injection, please note if or when your pain returns.

- Record when it returns fully and when you need to start taking pain medicines.
- Ice pack to the injection site as needed for pain (A recipe is written below)
- **You will need a follow up appointment following your injection to re-assess the effects.**

8. I have a copy of and understand the above instructions.

ICE PACK RECIPE (Optional)

Place ice packs to the injection site every 3 hrs for 15- 30 minutes **as or if needed** for control of pain and swelling
(You may want to place a 2nd zip lock bag over the 1st one to reduce the chance of leakage)

Ice-pack recipe: (in a zip-lock bag) 2 cups of water 1 cup of rubbing alcohol Freeze

Prior to use, wet a hand towel with hot water. Wring out and wrap this around the ice pack. Allow the hot towel to cool for several minutes and then place it over the injection site. **DO NOT place the ice pack directly against the skin.** Leave the ice pack in place for up to but not longer than **30 minutes** at a time. You may repeat this as often as is necessary. You may want to make several ice packs. We do not recommend the use of heat or hot pack for a minimum of 72 hours (3 days).

Should you have any additional questions, please do not hesitate to contact our office.

We will be more than happy to answer any questions you may have.

Please contact us at Phn: 503 691-2000, email: ma@huebertssc.com, website: www.huebertssc.com