

Your physician has elected to inject your \_\_\_\_\_ today. While the pain will be initially relieved by the local anesthetic, a possibility of an injection flare exists. The cortisone injection takes approximately 48 hours to begin acting and during the time between the injection and the point that the cortisone begins to work you may have a slight worsening of your pain. The following measures can be used to limit the severity of any possible injection flare:

- 1 Use an ice bag on the affected area 3 times a day for 30 minutes at each session.
- 2 Consider the use of over-the-counter anti-inflammatory medications such as Advil™, or Aleve™, if your medical condition allows you to take these medications. If your physician has prescribed a prescription anti-inflammatory medication then continue taking this medication, as prescribed.

These measures should limit any injection flare that may occur. Should these measures not adequately control the pain, please contact the office.