



HASHAM M. ALVI, MD
ORTHOPEDIC JOINT REPLACEMENT SURGEON

INJECTION POST-PROCEDURE CARE INSTRUCTIONS

You may experience general soreness near the injection site for the next 24 to 72 hours following the procedure. You may:

- Apply an ice pack to the injection site three times a day, 20 minutes on/20 minutes off. Do NOT place ice pack directly onto the skin
- You may continue taking all your usual medications as scheduled.
- The band aid may be removed that night or the next morning. Keep the skin site clean with soap and water. No tub baths or swimming for 2-3 days following your procedure.

If you have any complications following the procedure, including:

- **Chills/fever over 101° F**
- **Severe headache**
- **Persistent nausea/vomiting**
- **Itching/rash**
- **Redness/bleeding/drainage**
- **Difficulty breathing**
- **Severe pain not controlled with pain medications**

Please contact your physician immediately at the number below. If you are unable to reach your physician or your symptoms are severe and worsening, go to the nearest emergency room or call 911.

Office phone: 847 285-4200

If you received a cortisone injection and are diabetic, a cortisone injection may cause a transitory change in your blood sugars. Please monitor your blood sugar level closely for the next 24-48 hours. If you have any issues, please contact your primary care physician.