

## After Your Injection

### *What to do at home*

*This handout gives instructions to follow after your injection.*

### **Pain Control**

Use a cold pack if you have pain on the day of your injection. A bag of frozen peas works well for this.

- Put the cold pack on your injection site for 10 to 15 minutes. Be sure to place a clean towel between the cold pack and your skin.
- Do this 1 to 4 times a day, as needed.
- It may take up to 2 weeks before the injection has full effect.

### **Activities**

Unless your care provider gives you other instructions, follow these activity guidelines after your injection:

- You may return to most of your usual activities the day of your injection.
- If you work at a desk, you may return to work right away. If your job requires you to be more active, talk with your provider about how long to take off work.
- Delay physical therapy and intense exercise for 3 to 7 days. Please talk with your provider about this.
- For 24 hours:
  - Do not apply direct constant heat or use a heating pad on the injection site.
  - Do not take a bath, sit in a hot tub, or go swimming. It is OK to shower.



*Talk with your provider if you have any questions about your activity guidelines.*

## Usual Medicines

After your injection, you may resume:

- Your usual medicines, including anti-inflammatories, unless your doctor has told you otherwise.
- Your anticoagulation medicines as prescribed by your doctor.

## When to Call

Call to talk with a nurse at one of the numbers below under “Who to Call” if you have:

- Severe pain
- New symptoms such as numbness, weakness, or tingling
- Changes in bowel or bladder function
- Fever higher than 100°F (37.8°C)
- Changes in the injection site: drainage, or increased redness or swelling

## Follow-up Visits

- Please follow up with your referring or treating doctor 2 to 3 weeks after your injection.

## Who to Call

### If you are a patient at UW Medicine Sports and Spine Clinic at Harborview Medical Center:

- Weekdays: Call 206.744.0401 and press 8 to speak with a clinic nurse.
- After hours and on weekends and holidays: Call the Community Care Line Nurse at 206.744.2500.
- To schedule an appointment: Call 206.744.0401.
- Log into eCare to message your care team.

### If you are a patient at UW Sports Medicine Center at Husky Stadium:

- Weekdays, call 206.598.3294 and press 8 to speak with a clinic nurse:
  - Mondays, Tuesdays, and Thursdays: 7 a.m. to 5:30 p.m.
  - Wednesdays: 8 a.m. to 5:30 p.m.
  - Fridays: 7 a.m. to 5 p.m.
- After hours and on weekends and holidays: Call the Community Care Line Nurse at 206.744.2500.
- To schedule an appointment: Call 206.598.3294.
- Log into eCare to message your care team.