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.