

## 注射后 在家应该如何

本指南为注射后指南。

### 疼痛控制

- 如果注射当天感到疼痛，请使用冰袋。一袋冷冻豌豆可以很好地解决这个问题：
  - 将冰袋放在注射部位 10 至 15 分钟。确保在冰袋和皮肤之间放置一条干净的毛巾。
  - 根据需要每天进行 1 至 4 次。
- 48 小时内，请勿直接在注射部位加热或使用加热垫。



如果你有任何问题，请咨询你的医生。

### 预期

除非你的医生有其他指示：

- 你可以在注射当天恢复大多数日常活动。
- 如果你在办公桌前工作，则可以立即恢复工作。如果你的工作要求你更多的体力活动，请与你的医生讨论休假时间。
- 48 小时内，请勿泡澡，坐在热水浴池中或游泳。可以淋浴。
- 将物理治疗和剧烈运动延迟 3 至 7 天。请与你的医生讨论此事。
- 您可能需要 2 到 3 周的时间才能感受到类固醇的全部益处

### 日常药物

注射后的第二天，重新开始之前停止服用的药物：

- 你的日常药物，包括消炎药，除非你的医生另有指示。
- 按照规定服用抗凝（稀释血液）药物。

## 何时致电：

如果你有以下情况，请拨打以下电话之一与护士交谈：

- 严重的疼痛
- 麻木，虚弱或刺痛等新症状
- 肠或膀胱的功能变化
- 发烧高于 100°F (37.8°C)
- 注射部位发生变化：流脓，发红或肿胀增加

## 复诊

- 请在注射后 3-4 周与你的转诊医生或主治医生联系。

## 联系

请根据需要拨打门诊号码：

<p><b>Sports Medicine Center at Harborview</b> 325 9th Ave. Seattle, WA 98104</p> <ul style="list-style-type: none"><li>• 在工作日的早上 8 点到晚上与诊所护士交谈下午 4 点，致电 206.744.0401，然后按 2。</li><li>• 要安排门诊预约，请致电 206.744.0401，然后按 1。</li><li>• 给你的医护人员留言，请登录 MyChart。</li><li>• 在下班后以及周末和节假日与护士交谈：致电社区护理热线 206.744.2500。</li></ul>	<p><b>Sports Medicine Center at Eastside Specialty Center</b> 3100 Northup Way Bellevue, WA 98004</p> <ul style="list-style-type: none"><li>• 在工作日和护士交谈，致电 206.646.7777，然后按 2。<ul style="list-style-type: none"><li>- 星期一，星期二上午 7 点至下午 7 点。</li><li>- 星期三至星期五上午 7 点至下午 5 点。</li></ul></li><li>• 要安排门诊预约，请致电 425.646.7777，然后按 1。</li><li>• 给你的医护人员留言，请登录 MyChart。</li><li>• 在下班后以及周末和节假日与护士交谈：致电社区护理热线 206.744.2500。</li></ul>	<p><b>Sports Medicine Center at South Lake Union</b> 750 Republican St. Bldg. F, 2nd Floor Seattle, WA 98109</p> <ul style="list-style-type: none"><li>• 在工作日的早上 8 点到晚上与诊所护士交谈下午 5 点，致电 206.744.0401，然后按 2。</li><li>• 要安排门诊预约，请致电 206.485.9000，然后按 1。</li><li>• 给你的医护人员留言，请登录 MyChart。</li><li>• 在下班后以及周末和节假日与护士交谈：致电社区护理热线 206.744.2500。</li></ul>
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## 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.
- For 48 hours, do **not** apply direct constant heat or use a heating pad on the injection site.

### What to Expect

Unless your provider tells you otherwise:

- 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.
- For 48 hours, do **not** take a bath, sit in a hot tub, or go swimming. It is OK to shower.
- Delay physical therapy and hard exercise for 3 to 7 days. Please talk with your provider about this.
- It may take 2 to 3 weeks before you feel the full benefit of the steroids.



*Talk with your provider if you have any questions about what to expect.*

### Restarting Usual Medicines

The day after your injection, restart the medicines you stopped taking:

- Your usual medicines, including anti-inflammatories, unless your doctor has told you otherwise.
- Your *anticoagulation* (blood-thinning) medicines, as prescribed.

## When to Call

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

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

## Follow-up Visits

- Please follow up with your referring or treating doctor 3 to 4 weeks after your injection.

## Who to Call

Please call the number for your clinic as needed:

<p><b>Sports Medicine Center at Harborview</b> 325 9th Ave. Seattle, WA 98104</p> <ul style="list-style-type: none"> <li>• To talk with a clinic nurse weekdays from 8 a.m. to 4 p.m., call 206.744.0401 and press 2.</li> <li>• To schedule a clinic visit, call 206.744.0401 and press 1.</li> <li>• To send a message to your care team, log into MyChart.</li> <li>• To talk with a nurse after hours and on weekends and holidays: Call the Community Care Line at 206.744.2500.</li> </ul>	<p><b>Sports Medicine Center at Eastside Specialty Center</b> 3100 Northrup Way Bellevue, WA 98004</p> <ul style="list-style-type: none"> <li>• To talk with a clinic nurse weekdays, call 425.646.7777 and press 2:               <ul style="list-style-type: none"> <li>- Monday and Tuesday from 7 a.m. to 7 p.m.</li> <li>- Wednesday to Friday from 7 a.m. to 5 p.m.</li> </ul> </li> <li>• To schedule a clinic visit, call 425.646.7777 and press 1.</li> <li>• To send a message to your care team, log into MyChart.</li> <li>• To talk with a nurse after hours and on weekends and holidays: Call the Community Care Line at 206.744.2500.</li> </ul>	<p><b>Sports Medicine Center at South Lake Union</b> 750 Republican St. Bldg. F, 2nd Floor Seattle, WA 98109</p> <ul style="list-style-type: none"> <li>• To talk with a clinic nurse weekdays from 8 a.m. to 5 p.m., call 425.485.9000 and press 2.</li> <li>• To schedule a clinic visit, call 206.485.9000 and press 1.</li> <li>• To send a message to your care team, log into MyChart.</li> <li>• To talk with a nurse after hours and on weekends and holidays: Call the Community Care Line at 206.744.2500.</li> </ul>
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