

Aspiration and Injection Aftercare Instructions

Injections are usually done using a local anesthetic such as Lidocaine or Bupivacaine. The Anesthetic effect of the lidocaine usually lasts for about an hour. Once it wears off, your pain may return. Improvement in pain from the cortisone injection could take up to 7 days.

For pain, once the anesthetic wears off, elevate and ice. Icing for 30 minutes on and then 10 minutes off, to allow for skin to come to room temperature. And most important to stay as mobile as possible.

It usually takes about 24 hours for the injection area to heal. To help in preventing any infection, refrain from soaking in any water, such as bathtub, hot tub, or swimming for 24-48 hours after the injection to give proper time for skin healing.

Although every precaution has been taken to prevent infection, be on alert for the following signs or symptoms: fever greater than 101.2 F, increased warmth around the injection site, redness at the injection site (some redness is normal), but increasing and deep in color is not.

If any of these signs or symptoms develop, please call our office: 920-882-8200.