

POST INJECTION GUIDELINES

To help your injection treatment be as effective as possible – and to help keep you as comfortable as possible, please follow these post-treatment guidelines:

1. It is common to experience a flare up of your pain for 2-10 days following the treatment. This is normal and should be expected. An inflammatory response is necessary to promote healing. You may also experience other reactions such as pain at the injection site, dizziness, numbness, or swelling.

Call Dr. Wall at (801) 298-1812 if:

- ⇒ *You have a temperature greater than 101 degrees Fahrenheit*
- ⇒ *You have bleeding and/or signs of infection (drainage or redness)*
- ⇒ *You experience excessive pain not relieved by medication*
- ⇒ *You have questions about your reaction*

2. You may use moist heat – if it is used in conjunction with gentle stretching. Using heat without moderate movement can actually increase the pain. Apply moist heat for only 15 minutes at a time. If necessary to repeat, wait 30 minutes before applying heat again.

*3. Avoid the use of anti-inflammatory medications unless Dr. Wall tells you otherwise. This includes aspirin, Advil, Motrin, Aleve, etc. Tylenol is okay to use **sparingly** and should not be used along with your prescription medication.*

4. Avoid repetitive motion and impact sports for the first three days after your treatment. Exercises, especially walking and gentle stretches, are encouraged as often as you can tolerate it. Do not over-do though – let your body dictate how much you can do.

5. It is very important that you follow-up with Dr. Wall as directed so that he can monitor your progress.

6. Be patient with yourself. Healing happens over time, not overnight.