

Injection Care

The injection area may be sore, or slightly swollen for one to two days. It is very important that you

- Rest the area of the injection for 24 to 48 hours after the injection.
 - 1.
- Apply ice to the area 15 to 20 minutes every few hours for the first day or two will help decrease the pain.
 - 1.
- You may benefit from taking your prescription medication or acetaminophen (Tylenol™) to help reduce the pain.
 - 1.

The knee is injected with a numbing medication is given with the injection, which can last for five to 12 hours. The actual cortisone may take up to two to five days to take effect.

If you develop abnormal symptoms, such as itching, swelling, redness, rash, or shortness of breath, please call our office.