

## 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:

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| <p><b>Sports Medicine Center at Harborview</b><br/>325 9th Ave.<br/>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 206.744.0401 to connect with the Contact Center.</li> </ul> | <p><b>Sports Medicine Center at Eastside Specialty Center</b><br/>3100 Northup Way<br/>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 425.646.7777 to connect with the Contact Center.</li> </ul> | <p><b>Sports Medicine Center at South Lake Union</b><br/>750 Republican St.<br/>Bldg. F, 2nd Floor<br/>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 206.485.9000 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 206.485.9000 to connect with the Contact Center.</li> </ul> |
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