

Chadwick B. Hampton, MD

Post Injection Instructions

You have just received an intra-articular injection, please follow the following instructions to minimize side effects and prevent injury.

- You may experience discomfort for the first 48 hours following an injection, if you do:
 - Take OTC Advil or Motrin 400-800 mg every 12 hours for 3 days in a row. Remember to take these tablets with food for stomach protection.
 - Use ice compress over the injected joint for 15-20 minutes 2-3 times per day for 1-2 days.
- Limit and avoid strenuous activity and prolonged weight-bearing such as sports/exercise or excessive standing for 24-48 hours following your injection.
- If you experience worsening pain not improved with the above treatments or you experience warmth/redness around the injection site please contact the office immediately at 561-327-9116.

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