INSTRUCTIONS FOR PATIENT RECEIVING STEROID INJECTION TO THE KNEE

As part of your treatment, you were given a steroid injection into your knee. As we discussed in my office, there are a few specific instructions I would like you to follow:

1. ﻿﻿﻿The injection may cause some increased discomfort for a day or two. Although this is very unlikely, some preventive measures will be helpful. Please apply ice to the area of the injection twice today and-again twice tomorrow. The ice should be placed in a plastic bag or a thin cloth. Each application should be for 10 to 15 minutes.
2. ﻿﻿﻿In some situations, your knee may feel better within 2 to 3 days. However, it may require up to 14 days for any beneficial effect to be noticed
3. ﻿﻿﻿Please call my office or email me approximately 10 days after the injection to report on your status.
4. ﻿﻿﻿For the first week following the injection, please limit your activities. This does not require "complete rest" but rather, just avoidance of strenuous activity including recreational/athletic activities. This will be helpful in obtaining the maximum benefit from the injection.

I hope these instructions are helpful to you. Please do not hesitate to contact me if you have any questions or concerns.