



POST NEEDLING PROCEDURE DISCHARGE INSTRUCTIONS

- Keep wound clean and dry with Band-Aid for 12-24 hours but you may shower at any time
- **ICE IS YOUR FRIEND!!!! Please apply ice to the injection site for about 20 minutes every 2-3 hours the first 24-48 hours!**
- About 1 out of 10 patients will experience a post-injection flare due to your immune system being hyper-stimulated. This may make the first 24-48 hours after the injection very painful. This is the reason to use the ice as well as the pain medicine that you have been given. If you start getting very sore within a few hours after the injection, please begin using your pain medication. It is much easier to stay ahead of pain, rather than trying to wait and catch up. This also allows you to actually use less pain medication in the long run.
- **Do not use any medication containing ibuprofen, naproxen, aspirin, or other prescription anti-inflammatory medicines such as Motrin, Advil, Aleve, Voltaren, Mobic, Daypro, Feldene, Lodine, Orudis, and Ansaid for 3-4 days prior to the procedure, and you may resume medication 7 days after the procedure. If you are not sure if a medication should be taken please call the office at 515-239-3410.**
- You may use Tylenol or Ultram (tramadol) or Norco for pain as needed.
- Call the physician if you develop drainage from the injection site, bleeding, or fever.
- You may experience some localized swelling and bruising at the injection site that will take 3-7 days to resolve.
- You may do gentle range of motion exercises in 24 hours after injection if pain allows. When you have full range of motion and can bear weight on extremity without significant pain, you may begin to do normal day to day activities. No weight lifting, running, biking, etc. for 2 weeks until seen and evaluated by physical therapy.
- In general, for upper extremity procedures do not do any repetitive motion, pulling, tugging, grasping or gripping with the upper extremity until re-evaluated at your next visit.
- For lower extremity procedures such as injections into the hip, thigh, knee, ankle, and foot, you will likely need to use crutches for a day or so depending on the amount of discomfort that you have post-procedure. If bearing weight increases your pain, use the crutches until you can ambulate without an increase in pain.
- You may drive home from the procedure if you had an upper extremity injection without a nerve block and drive an automatic transmission.
- It is strongly recommended that if you have a lower extremity procedure, you have someone drive you home.

Please call our office at 515-239-3410 if you have any questions or concerns.



515-239-3410
515-817-1237 fax



Sports Medicine
1215 Duff Avenue
Ames, Iowa 50010



McFarlandClinic.com
MyChart.McFarlandClinic.com

Extraordinary Care, Every Day