

Care After Your Injection

Activity

- Continue your normal activities so you can tell if the injection has changed your pain.

Medicines

- You will have some soreness at the injection site. This new soreness will slowly lessen.

Discomfort

- Wrap an ice pack in a towel and put it on your injection site, for 20 minutes at a time, especially during the first 24 hours. This will help reduce your swelling and discomfort.

Injection Site Care

- Keep the injection sites clean and dry.
- Remove the bandage in the morning.
- You may shower if you wish.

Your Health Care Provider

Name: _____

Phone number: _____

When To Call Your Health Care Provider

Call your health care provider if you have:

- any signs of infection:
 - redness, warmth, or both at the injection sites
 - increased pain (other than the injection sites)
 - swelling at the injection site
 - drainage at the injection site
 - chills or night sweats.
- a temperature higher than 100 F.