



Immediately After the Injection

- **Rest the joint:** Avoid strenuous activity for **24 to 48 hours**.
- **Limit weight-bearing:** If the injection was in a weight-bearing joint (like the knee or hip), avoid prolonged standing or walking for the first day.
- **Mild exercise:** Light movements and gentle range-of-motion exercises are usually okay.



Pain and Swelling Management

- **Ice the area:** Apply an ice pack (15–20 minutes at a time) for the first 24 hours to reduce pain and swelling.
- **Avoid heat:** No hot tubs, saunas, or heating pads for at least 24–48 hours.



Medications

- You can take **Tylenol (acetaminophen)** for pain, unless otherwise directed.
- Avoid **NSAIDs** (like ibuprofen or naproxen) for 24–48 hours if you received PRP or stem cell injections, as they may interfere with healing.



Watch for Side Effects or Complications

Seek medical help if you notice:

- Increasing pain, redness, or warmth around the injection site
- Fever over 100.4°F (38°C)
- Pus or drainage from the injection site
- Signs of allergic reaction (rash, swelling, difficulty breathing)



Steroid “Flare” Reaction

- A temporary **increase in pain** 6–24 hours after a **corticosteroid injection** can occur — this is called a **steroid flare**.

- It usually resolves within a day or two; ice and rest help.



Follow-Up

- Improvement may be noticeable in a few days to a week.
- Keep your follow-up appointment to assess response and decide next steps (e.g., further injections, physical therapy, imaging).