



**Department of Radiology**

**1-888-656-4723**

### **Post Injection/Aspiration Instructions**

After your procedure, you will be provided with an ice pack to take home to use to reduce any swelling or bruising at the injection site. It is recommended that you continue to use ice (approximately 20 minutes on and 20 minutes off) for several hours after the injection.

You may notice some bruising at the injection site. Everyone bruises differently, so size and severity of bruising experienced will vary. Bruising of a small or large area is normal.

If you are experiencing any discomfort after your injection, you may take Tylenol® or Extra-Strength Tylenol® (acetaminophen). Please **do not** take any other pain relievers for 1 day. They may contain aspirin, ibuprofen or other non-steroidal anti-inflammatory drugs, which may cause bleeding at the injection site.

Please be aware of any sign of infection or excessive bleeding. A drop of dried blood on the bandage is normal. Signs of infection may include fever, swelling, or redness at the injection site. If you experience any of these symptoms, please contact your Radiologist or Internist.

**If steroids were injected**, the steroid may take up to 72 hours to reach maximum strength. It is not uncommon to feel some pain/discomfort after the Lidocaine wears off. Some patients do, however, get immediate results from the steroid injection.

Please note worsening of symptoms may be experienced up to one week post injection. This is a known side effect of certain steroids and should not be a cause for concern.