**Post – Injection Instructions**

A local anaesthetic has been used during the procedure and will wear off in ½ hour- 12 hours depending on the type of anaesthetic used.

You may experience some degree of pain and swelling. The injection is designed to cause some inflammation and this at worst will cause a moderate level of pain post-injection for 1-3 days.

Ice and paracetamol (panadol, panamax ) are advised to control pain if required. It is best to avoid taking anti-inflammatory medication for 2 weeks (Nurofen, Mobic, Voltaren, etc) as this may decrease the effectiveness of the injection. If paracetamol and ice does not control the pain adequately (rare) then codeine (panadeine) can be taken.

Avoid strenuous activity for a few days following the injection. Normal daily duties are fine.

Avoid swimming pools and spas for a couple of days to decrease the chance of an infection (shower/bath OK).

**There is a very low risk of joint infection. This is a very serious condition that requires immediate treatment. Signs of joint infection are:**

* **Increased warmth & swelling of joint**
* **Intense pain & difficulty moving the affected joint**
* **Feeling unwell ,chills or fever**
* **Generalised weakness & fatigue**

**Please contact Craig Wanless immediately on 0418 989 075 if you have these symptoms.**