



THERAPEUTIC INJECTIONS

You have just received an injection of Local anesthetic and an anti-inflammatory medicine known as Kenalog. Because of the Local anesthetic you will have a period of numbness in the area that was injected for anywhere from 3 to 12 hours. The purpose of the Local anesthetic is to make the injection less painful and to provide quick, temporary relief, as well as to ensure that the proper area has been injected. Once the anesthetic has worn off the anti-inflammatory medicine is beginning to work. Depending on your body's physiology, the relief received from this anti-inflammatory will sometimes be instantaneous and will begin giving relief almost immediately. However, sometimes it will take from 1 to 5 days for the medication to reach its full effect.

If you experience increased pain or fall in the category where it takes more than several days to receive the therapeutic effects, there are several things you can do to decrease the discomfort and help speed up the process. You can use an oral anti-inflammatory, such as Advil or Aleve, to be taken as directed. You can apply ice to the affected area for 20 minutes at a time, once or twice daily. You can rest the area to prevent reaggravation. If you feel you are having an adverse reaction, or if you have questions that are not covered on this sheet, please don't hesitate to contact the office. We are available 24-hours a day.

24-HOUR PHONE NUMBER

623-974-0522