



JOINT INJECTION DISCHARGE INSTRUCTIONS

1. **Activity:** resume normally. If pain returns, then decrease activity until pain subsides.
2. **Discomfort:** normal at the injection site. Apply ice for 10 minutes every hour at least 3-4 times this evening. Do not apply heat or ice to numb areas for more than 10 minutes/ time until feeling has returned.
3. **Pain** may increase first 24 hours after your treatment. May apply ice and take prescription medications.
4. **Medical management:** resume your home medications and call your primary doctor for conditions not related to your pain management treatment.
5. **Infection:** if you have signs of redness at the injection site, a temperature greater than 100.5 degrees, please call **Bismarck Surgical Associates** and notify your physician.
6. **Call:** if concerns specific to a treatment or procedure performed at the Bismarck Surgical Associates Monday through Friday 8:00 am - 4:00 pm (701)221-2299 or (877)918-9664 (toll free). **After hours calls should be limited to emergencies only**, using same phone numbers.
7. Other instructions:

Procedure _____

Patient/ significant other

RN