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POST-INJECTION CARE

You have received an injection today performed by Dr. Mall. The area injected can be sore for a day or two following and injection, this is normal. If the joint becomes extremely sore, red, and swollen call Dr. Mall's office or the exchange immediately. Below are some general instructions that can make things easier for you after the injection.

Activity:

Generally, Dr. Mall recommends no aggressive exercise of the injected joint for 2-3 days post injection; however, you can return to work, school, recreational activities immediately.

Managing Discomfort:

Various modalities that can help with post-injection discomfort are ice, elevation, and activity modification.

Ice: Ice can be extremely helpful in controlling inflammation and discomfort following an injection

Elevation: this again is meant to help reduce swelling

Activity Modification: We generally recommend avoiding excessive activity of the joint/area that was injected for 24-48 hours.

Tylenol is an excellent pain medication and can be taken in conjunction with anti-inflammatory medication such as Aleve or Advil (naproxen/ibuprofen). Over the counter extra strength tablets are 500mg, up to 4000mg can be taken in a 24 hour period, which equates to two tablets every 6 hours.

Specific Injections:

Cortisone injections can cause some mild skin discoloration at the area and this change can be permanent. The lidocaine portion of this injection should work for 4-6 hours. I ask that patients pay careful attention to their amount of pain relief during this period as this is the "diagnostic" portion of the injection and can help determine the source of your pain.

Cortisone is an anti-inflammatory medication. There are many rumors about cortisone injections. A single cortisone injection to reduce inflammation will not harm tissue or joints. These are commonly used in elite athletes as well and are generally safe.

Hyaluronic Acid injections have multiple brand names – Synvisc, Hyalan, Supartz, etc. These injections were originally marketed to help "regrow" cartilage since hyaluronic acid is a molecule found in normal cartilage. However, they have never been proven to do so, but do work as an anti-inflammatory in the



joint. These injections can rarely produce a “flare” reaction in which the joint becomes red, swollen, and very painful, simulating an infection. If this occurs, take anti-inflammatory medication (Aleve or Advil), ice the joint, and contact Dr. Mall immediately and we will try to remove the medication.

Platelet Rich Plasma (PRP)/Stem Cell Injections are meant to bring inflammation, blood flow and healing factors to the area of injury. Therefore, we do not want to inhibit this from happening by taking an anti-inflammatory medication. Therefore no NSAIDs (aleve, naproxen, advil, ibuprofen, etc.) should be taken for 2 weeks following the injection. Ice is ok to use to help with post-injection discomfort, as it Tylenol. Up to 4000mg of Tylenol can be taken in a 24 hour period.