



# St. George SportsMed

Orthopaedics and Sports Medicine

## POST-INJECTION INSTRUCTIONS

### REST

Do not do anything to stir the area up. This compromises the effectiveness of the injection.

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You may be given a brace, boot or sling for certain injections to use in the short term.

You can generally start your exercises again 1 week following the injection.

### PAIN RELIEF

Use Ice over the region for the first day if it is painful, every 6 hours, for 10 minutes.

Use simple Panadol every 6 hours for 1-2 days. If the injection is particularly painful, I will prescribe you Panadeine Forte for stronger pain relief and to assist with sleep.

### WHEN TO MAKE CONTACT OR SEEK MEDICAL ATTENTION

If there are any concerns, please get in touch by phone 02 8537 3119 or email [info@stgeorgesportsmed.com.au](mailto:info@stgeorgesportsmed.com.au). If it is after hours, or urgent, please seek medical assistance at your local medical centre or emergency department.

Warning signs to seek medical assistance:

- The area of injection becomes very red and hot
- The pain is severe and not improved by the medication provided
- You feel generally unwell in any other way



## Health Care Associated Infections

Every time the skin is breached with any medical procedure (be it an injection or surgery), there is a risk of infection.

The rate of infection from injections appears to be quite low. This is estimated around 1 in 20,000.

However, these infections can be serious and cause significant harm if they occur in a joint or spread to your circulation. Therefore, the standard of care to minimise the risk of these infections is that the procedure is performed under “strict aseptic conditions”.

If there are any grazes or cuts, or any evidence of a local skin infection around the intended injection site, the procedure will not be performed and will require postponement.

Early identification of an infection is very important, and this is why the practice and I want to hear from you if there are any concerns whatsoever.

The key signs of infection include **local signs such as heat, redness and pain,** and **systemic (whole-body) signs like fever, headache, malaise and muscle aches.**

St George SportsMed will endeavour to respond to any questions or concerns as soon as possible, but if unavailable due to these symptoms occurring after hours, you are advised to seek medical assessment at your nearest Medical Centre or Emergency Department.