



Daouk Orthopaedics  
7350 Sandlake Commons Blvd.  
Suite 1102  
Orlando FL, 32819  
T. 407-355-7478  
F. 407-354-2431  
daoukortho.com

## **POST INJECTION INSTRUCTIONS**

- **After your injections, the site may feel numb. This is the effect of the anesthesia and may take up to 6-8 hours to wear off.**
- **You may have increased discomfort at the injection site for 1-2 days. This discomfort should respond to icing (15 min per hour) and over the counter medication such as Tylenol. You may take an anti-inflammatory medication (Advil/Aleve) UNLESS your doctor has instructed you to avoid them.**
- **Limit all strenuous activities of that extremity for 48 hours after the injection.**
- **If you are a diabetic, please monitor your blood sugar levels more closely for the next 3-5 days. The medication used in the injection may cause a temporary increase in your blood sugar**
- **Watch for redness, drainage, or a fever >101 or any other signs of infection at the injection site.**
- **Call the office at 407-355-7478 if you have any questions or concerns. We will be happy to answer any questions.**