

JOINT INJECTION POST PROCEDURE DISCHARGE INSTRUCTIONS

1. Do not apply heat to any area that is numb. If you have discomfort or soreness at the injection site, you may apply ice today (20 minutes on/20 minutes off). Tomorrow you may use ice or warm, moist heat. Do not apply ice or heat directly to the skin.
2. You may have an increase or change in the discomfort for 36-48 hours after your treatment. Apply ice and continue with any pain medicine you have been prescribed.
3. Do not do anything strenuous today. You may shower, but no tub baths or hot tubs today. You may resume your normal activities tomorrow, but do not "overdo it". Resume normal activities slowly when you are feeling better.
4. If you experience redness, drainage, or swelling at the injection site, or if you develop a fever above 100 degrees, please call the Spine and Pain Center at 484-526-7246 or go to the Emergency Room.
5. Continue to take all routine medications prescribed by your primary care physician unless otherwise instructed by our staff. Most blood thinners should be started again according to your regularly scheduled dosing. If you have any questions, please give our office a call.

If you have a problem specifically related to your procedure, please call out office at 484-526-7246.

Problems not related to your procedure should be directed to your primary care physician.

Allentown
501 Cetronia Road, Suite 125
Allentown, PA 18104
Fax: 833-219-0472

Anderson
1700 St. Luke's Blvd., Suite 200
Easton, PA 18045
Fax: 833-219-0473

Bethlehem
830 Ostrum Street
Bethlehem, PA 18015
Fax: 833-219-0471

East Stroudsburg
3 Parkinsons Road
East Stroudsburg, PA 18301
Fax: 833-219-0474

Lehighton
575 South 9th Street
Lehighton, PA 18235
Fax: 833-219-0477

Orwigsburg
1165 Centre Turnpike Route 61
Orwigsburg, PA 17961
Fax: 272-639-5152

Quakertown
1534 Park Avenue
Quakertown, PA 18951
Fax: 866-291-6192

Tamaqua
120 Pine Street
Tamaqua, PA 18252
Fax: 833-219-6192

Warren, NJ
Bone and Joint
755 Memoriall Pkwy., Bldg. 201
Phillipsburg, NJ 08865
Fax: 833-219-0476

Phone: 484-526-7246

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE