

Team Masini Post-Injection Information

For Steroid/Zilretta Injections:

- It may take 2-3 WEEKS for the steroid to take effect.
- Occasionally, injections can cause your pain to increase for 1-2 days before your symptoms improve.
- Occasionally, the steroid injection can cause a temporary adverse reaction. This typically includes flushing, or redness of the face and/or sleeplessness.
 - Benadryl or Tylenol PM can be taken. Symptoms can last a couple of days.
- **If you are a diabetic, you may experience an increase in your blood sugar for 1-3 days after injection.**

Following your injection, you may feel:

- Some numbness, or weakness at your injection site. This is NORMAL, due to the local anesthetic used. It should improve within a few hours.
- Local tenderness at the injection site. This is NORMAL. Apply ice to the area for 20 minutes, 3-4 times per day and rest. Tylenol (acetaminophen), Ibuprofen (Advil) or Naprosyn (Aleve) can be used to relieve any minor discomfort.
- Mild, local swelling or redness at the site of injection. This is NORMAL and should resolve within 1-2 days.
- Please avoid submerging the knee in water for 48 hours after injection (example: hot tubs, baths, and swimming pools).
- Avoid excessive exercise for 2-3 days after injection.

Contact Team Masini if any of the following occurs after your injection:

- Fever or chills.
- Severe increase in pain.
- Allergic reaction.
- Drainage or EXTREME redness or swelling at the injection site.