



ASPEN **INTEGRATIVE**
MEDICINE

POST-INJECTION FOLLOW-UP HOME CARE

The pain after an injection can be as painful as a surgical procedure and will typically last a couple of days. Any fevers, chills, nausea, shortness of breath should be reported to Dr. Hughes immediately **970-236-2303**. If you are unable to reach Dr. Hughes and are experiencing extreme allergic reaction or heart palpitations, please call 911 or report to the nearest Emergency Care Clinic.

Rest for at least 2 days, minimizing load bearing activities and treating the injected area as if it has been sprained or torn. For the next 2-3 weeks, patients should be careful while doing light sports activities including hiking, yoga and biking.

WARM AND ICE

Use warmth for 10 mins from a warm bath, shower or heated compress and follow with ice for 10 to 15 mins several times a day for one week or longer if needed.

PAIN RELIEF

You may take: Tylenol, Ultram, Percocet, Vicodin, Norco, or a muscle relaxer. Natural anti-inflammatory creams such as Traumeel, Arnica, or Cannabis.

Do not take: Anti-inflammatory drugs or supplements including Ibuprofen, Naproxen, Advil, Motrin, Aspirin, fish oil and vitamin E.

Avoid dairy (especially cheese) and alcohol. Increase your Vitamin C intake and Collagen.

The overall goal is to take it easy for 2 to 3 weeks. Use warm, ice, rest, and be patient before restarting any moderate to high level activities. If it hurts, **STOP** doing what you are doing. **You may further aggravate the condition if you overexert too soon.**

Again, call Dr. Hughes if you have any questions or challenges after your procedure.