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SECONDARY “FLARE-UP” REACTION FOLLOWING THE INJECTION

Following the injection procedure, it is often helpful to ice the area. The injection itself is traumatic and results in swelling and edema, the very problems requiring treatment. Immediate icing of the area reduces this inflammatory response. For the first 2-6 hours, the patient may feel great because the area is numb from the local anesthetic. This lack of discomfort may only last 2-6 hours and may be replaced by increased pain, sometimes worse than before the injection. Remember, a needle has been stuck into a sore spot. This increased tenderness may last 24-72 hours and should be treated with **REST, ICE, COMPRESSION AND ELEVATION at home.**