

POST INJECTIONS TIPS

## CORTISONE

You may have pain after the injection. **Apply ice for 10 minutes every 2 hours or take Advil or Motrin (ibuprofen) if there are no contraindications** (allergies, stomach ulcers, etc.).

Redness that appears immediately after an injection is an inflammatory reaction. Redness that persists for 3 days after the injection is often a sign of infection. This can happen despite the precautions taken to promote asepsis. In this case, you should immediately notify Dr. Ducasse at **450-534-3968** or **info@dreducasse.com**.

You must refrain from using the injected limb for a minimum of 7-10 days. There is a risk of tendon rupture if the injected limb is used too quickly. Always go back to exercise gradually. Cortisone can mask pain, since its anti-inflammatory effect is powerful.

You can resume your activities gradually when the pain is completely gone. A few physiotherapy sessions might be prescribed during the rehabilitation period two weeks after the injection.

If you do not feel any improvement 3 weeks after your injection, or if you notice a deterioration of your condition, please consult with Dr. Ducasse again.

Your face may become red after the cortisone injection. It's usually not dangerous, it should clear up in less than 3 days.

For more information, contact us at [info@dreducasse.com](mailto:info@dreducasse.com)

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