



Prairie Path Foot and Ankle Clinic

136 W Vallette St - Suite 2 • Elmhurst, IL 60126 • 630.834.3668 • www.elmhurstfootdoc.com

Cortisone Injection After Care Instructions

You have received an injection of cortisone into your joint today. Cortisone is a strong anti-inflammatory medication which can be used for condition such as arthritis, bursitis, tendonitis, or plantar fasciitis.

You should not do any vigorous or pounding activities for the rest of the day, but rather rest the affected part; biking, swimming, walking, yoga are all allowed. We recommend that you apply ice for 20 to 30 minutes, 2-3 times today. This will help to minimize any adverse effects of the injection. Occasionally, some patients may get increasing pain for the first 24 hours. More frequent ice applications as well as taking some over the counter pain medications is recommended if this occurs. These symptoms will usually resolve after about 24 hours.

The intended result of the cortisone injection is to alleviate pain. In some patients this can happen a short while after the injection (a day or so), but a significant number of patients do not feel relief for 1 to 2 weeks after the injection.

It is okay to resume normal activities the next day. Your follow up appointment in 1 week is very important. If you are not feeling significantly better in 2 to 3 weeks' time, a second injection may be required for optimal results.

If you develop any adverse reactions to this injection, notify our office at (630)834-3668