

POST PROCEDURE INSTRUCTIONS AMNIO INJECTION

ACTIVITY

- You may do all of your regular daily activities. Avoid intensive or high impact activities (running or long aggressive hikes) for 2-3 days.
- In general, for upper extremity procedures do not do any repetitive motion, pulling, tugging, grasping, or gripping with the upper extremity until re-evaluated at your next visit.
- For lower extremity procedures such as injections into the hip, thigh, knee, ankle, and foot, you may need to use crutches. Use the crutches until you can ambulate without an increase in pain.
- If you need a pair of crutches, please call the office.
- You may drive home from the procedure, if you are not on other prescription pain medications.

DRESSING AND INCISION

- **PLEASE DO NOT APPLY ICE FOR THE FIRST 72 HOURS AFTER YOUR INJECTION**
- After your first 72 hours, you may apply ice to the injection site for 20 minutes every 2-3 hours.
- Keep your wound clean, dry and covered with a Band-Aid for 12-24 hours after your procedure. You may shower at any time.
- You may experience some localized swelling and bruising at the injection site that will take 3-7 days to resolve.

PAIN AND INFLAMMATION

- About 1 in 10 patients will experience a post-injection flare due to your immune system being hyper-stimulated. This may make the first 24-48 hours after the injection *very painful*. If you start getting very sore within a few hours after the injection, please begin using Tylenol (Acetaminophen). It is much easier to stay ahead of pain, rather than trying to wait and catch up. This allows you to actually use less pain medication in the long run. You may use Tylenol (Acetaminophen) or Ultram (Tramadol) as needed for discomfort.
- **Do NOT** use any prescription or over the counter anti-inflammatory medicines such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, Daypro, Feldene, Lodine, Orudis and Ansaid for 3-4 days prior to the procedure.
- Ideally, we would like you to avoid the use of these medications for 10-12 weeks. Starting these medicines earlier can be discussed with your physician.
- Prednisone or any other oral or inhaled corticosteroid medications must be discontinued 4 weeks after any of these procedures.
- If another physician would like to put you on a new medication or if you are not sure if a medication should be taken please call the office at 760-924-4084.

EMERGENCIES

- Call your physician if you develop drainage from the injection site, bleeding, or fever greater than 101.5 degrees.

FOLLOW UP CARE

- AMNIO injections work over several weeks to months.
- In general we allow 6-8 weeks before determining if the injection was effective.
- Please call the office to make an appointment for 6-8 weeks after your procedure.
- However, if your symptoms have resolved there is no need for a follow up appointment.
- If you would like to consider repeating the injection at any time, you need not make an appointment; just call the office to set up another AMNIO injection.