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## CORTISONE INJECTION

1. Apply ice to injection site for the next few days when possible.
2. You may experience a “flare” response to the cortisone. This is a reaction some patients experience but not everyone. It feels as if it is more discomforting than before. Ice will help and it should subside in a few days.
3. If you have a strapping applied, it should be kept on for at least three days. If it stays on longer, that is fine, but please remove it the day before you return to the office.
4. Keep strapping dry by applying a plastic bag and individually tape each bag. Usually three bags will keep it dry. If it should get wet you can dry it with a hair dryer on a cool setting. You can also apply any type of powder to help keep it dry.
5. If you have any questions, please do not hesitate to call the office.

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