



**Hampshire Orthopedics and Sports Medicine
Physical Medicine and Rehabilitation
Post Procedure Instructions**

Intra- articular Knee Injection:

1. Driving instructions: Always have a driver for at least 8 hours after the procedure.
2. On the day of the injection, please do your usual daily activities, it is not necessary to “take the day off” unless the doctor indicates so. Please do not attempt to do “more” than you usually do if you feel “wonderful”. Gradually you will be increasing your activity; however the day of the injection is not the day to start.
3. Put ice to the injection site if desired 3 to 4 times per day for 2-3 days if needed.
Ice 20 minutes on/ 20 minutes off/ 20 minutes on. (total Time 60 minutes).
4. Soft body massage is ok to get.
5. Physical therapy generally is ok to do unless indicated by the doctor.
6. No soaking/ bath tub/ hot tub/ Jacuzzi for 2 days.
7. Stretching and bending is ok, within reasonable limits.
8. No strenuous lifting or pulling for the day after injection.
9. If you are prescribed medications for pain control or infection controll (antibiotics), use exactly as directed by the prescription.
10. Call the office if a fever/chill develops.
11. Call the office if unexpected urinary or fecal incontinence occurs.
12. If difficulty breathing or swallowing occurs in the first 24-48 hours, immediately call 9-1-1/ EMS and go to the closest emergency department.
13. Generally the injection site may be sore, if this develops, Tylenol 1000 mg 3x/day or ibuprofen at 800 mg 3x/ day is sufficient to control the soreness.
14. Follow up in the office as instructed on the date selected by you.
15. If you have other questions call the office to discuss them.

Contact Nurse Triage: 413-586-8200, extension 135

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