

After a Joint Injection

Steroid · Hyaluronic acid · PRP

Joint injected: _____ Date: _____

The first 48 hours

- **Rest the joint for the rest of today.** Walk only as needed. No sport, gym, long walking or heavy lifting for 48 hours.
- Keep the small dressing on for a few hours. **Keep the site dry for 24 hours** — no bath, no swimming pool. A shower with the area covered is fine.
- You may use ice over the joint for 10–15 minutes at a time for comfort.
- Take your usual painkillers if needed.

PAIN MAY INCREASE BEFORE IT IMPROVES

With a steroid injection, some people get a **flare of pain for 24 to 48 hours** before relief begins. This is expected and is not a sign that something has gone wrong. Relief usually starts within 2 to 5 days.

With PRP and hyaluronic acid, benefit builds gradually over several weeks — do not expect immediate change.

IF YOU ARE DIABETIC

A steroid injection will **raise your blood sugar for about 3 to 5 days**, sometimes considerably. Check your sugar more often than usual during this period, especially after meals, and continue your diabetes medicines.

OTHER THINGS YOU MAY NOTICE

Facial flushing and a feeling of warmth for a day or two · a temporary rise in blood pressure · in women, a change in the timing of the next period. All settle on their own.

CONTACT US IF YOU GET

Increasing pain, redness, heat and swelling **after the second day** — especially with fever or chills. Infection in a joint is uncommon but serious and needs treatment straight away.

Also tell us if the joint becomes suddenly much more swollen, or you cannot move it at all.

An injection buys you a window, not a cure. Use the pain-free period to do your exercises and strengthen the muscles — that is what makes the benefit last.

Search: joint injection, intra articular steroid, PRP, hyaluronic acid, after injection care

