



## Post-Injection Instructions

- Remove the bandaid once bleeding has stopped
- Wash as normal with soap and water over the injection site
- It is normal to have some mild soreness in the area of injection
- It is okay to resume **light activity** but limit high level activity of the injected area for 24 hours
- If pain increases in the area, it is likely that a “**steroid flare**” has developed. Ice and rest the area. An oral anti-inflammatory (Aleve, Ibuprofen, Motrin, or Advil) can be taken unless you have told by your doctor not to take these types medication
  - If you notice redness or a fever more than 101°, you should call your doctor
- **Diabetic patients:** Please monitor your glucose (sugar) levels over the next 24-48 hours. This is particularly important for diabetics that are on insulin. If levels are rising significantly, please contact your primary care doctor
- If you have a **lightening of the skin** (hypopigmentation) in the area of injection, this typically resolves with time after the first injection but can take months. It may not resolve if multiple injections have been made into the same area.