

Care Instructions after Your Injection

Although your pain may be relieved immediately from the numbing medicine component of your shot, this feeling is temporary and will eventually fade

Apply ice to the area injected for 20 minutes at a time, 4-6 times a day for the next 1-2 days

Use Tylenol or Advil as needed for soreness

Avoid strenuous exercise for 24 hours; plan for a ‘lazy day’

Continue stretching exercises

Shower only for the first 24 hours- no bathing or hot tubs

It may take up to 1-2 weeks for the effect to be established

Email me at alex.moroz@nyumc.org, or call 212 263 7326 in 2-3 days to let me know how you are feeling

Contact me *sooner* with any concerns or questions