

## **Cortisone Injection Care Instructions**

You have received a cortisone injection today.

You may remove the band aid in a few hours.

Ice the knee today as it may be sore at the injection site.

If the knee is sore you may use over the counter medicine such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) or Naprosyn (Aleve).

You can slowly resume normal activities over the next few days as the symptoms allow.

If you are diabetic you may see your sugar readings elevated for the next day or two.

If the pain returns you may be able to receive another cortisone injection in 3 – 4 months.