



Brondon Foot and Ankle

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POST-OP INJECTION INSTRUCTIONS

A steroid injection was performed at your visit today.

- Though the injection site is very small, if bleeding occurs, cover with a bandaid.
- It is common for the foot/ankle to be sore for 2-3 days after the injection. This is known as a “steroid flair”.
- Notify the office if you notice any redness or drainage at the site where the injection was given.
- If prescribed a medication, such as an anti-inflammatory, take it as previously instructed. You can also take over-the-counter pain relievers such as Tylenol or Ibuprofen, if recommended by your physician.
- Call the office if you have any concerns or questions prior to your follow-up appointment.