

FOOT + ANKLE SPECIALTY CENTERS, LLC

* Payam Sarraf, DPM * Katherine Kennedy, DPM * Katy M. Statler, DPM
* Andrew Goodeill, DPM * Christopher Van Damme, DPM * Sina Safar, DPM * Amelia Harris, DPM
Physicians & Surgeons of the Foot & Ankle

Phone: (480) 812-FOOT (3668)

Fax: (480) 782-1290

THERAPEUTIC INJECTIONS

You have just received a therapeutic injection of a local anesthetic and an anti-inflammatory medicine. Because of the local anesthetic, you will have a period of numbness in the area that was injected for three to twelve hours. The purpose of the local anesthetic is to make the injection less painful and to provide quick temporary relief. Once the anesthetic has worn off, the anti-inflammatory medicine will begin to work. Depending upon your body's physiology and metabolism, the relief received from the anti-inflammatory will sometimes be instantaneous; however, sometimes it will take several days for the medicine to reach its full effect.

It is not unusual to experience increased pain after the local anesthetic wears off. There are several things you can do to decrease the discomfort and help speed up the process. You can use an oral anti-inflammatory prescribed or over the counter ones such as Advil, Nuprin, Aleve, etc. You can apply ice to the affected area for 30 minutes at a time, several times a day for the first 24-28 hours. Please rest the area the first 24-48 hours to prevent re-aggravation.

If you feel you are having an adverse reaction, or if you have questions that have not been covered either in the office or on this sheet, please do not hesitate to contact the office. We are available to answer your questions.

Gateway Professional Village
4915 East Baseline Road
Suite 121
Gilbert, Arizona 85234

Arizona Medical Plaza
1728 West Glendale Ave
Suite 100
Phoenix, Arizona 85021

Chandler Place
1600 West Chandler Blvd
Suite 120
Chandler, Arizona 85224

Scottsdale
4845 E Thunderbird Rd
Suite 2
Scottsdale, Arizona 85254

Hershey Plaza
6239 E Brown Rd
Suite 112
Mesa, Arizona 85205