



PERFORMANCE
INJURY CARE & SPORTS MEDICINE

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Post Injection Pain Diary

Steroid injection: With most steroid injections some anesthetic agent (lidocaine) was also given. This will act to numb up the injection site for 1-3 hours. During this time period you should be careful as you could overdo it and worsen your injury without knowing it. So take it easy and be careful during this time period. After the anesthetic wears off, the cortisone (betamethasone) usually starts working by the following morning. This particular type of steroid has a short and long acting component. The "shorter acting" component typically starts working by the following morning. The "longer acting" component works in the injected area for up to 10 days. Responses to an injection vary depending upon the stage of disease and how much inflammation is present. If you have a significant portion of your pain coming from inflammation, the cortisone acts to decrease swelling of tissues (synovial, bursa) and decrease production of tendon or joint fluid.

What things should I look out for? As with any procedure, the major risk is infection and bleeding. If you notice redness and warmth to the injection site after the procedure, please contact us. Typically, this occurs by the second or third day. Bleeding is the other major risk. Although some bruising is typical, if you notice an abnormal amount of swelling and/or bruising you should contact us. If you have questions or concerns during the weekend or after clinic hours call 406-422-5817 and chose option three to leave a message for a call back.

Allergic reaction? If you notice a small rash, hives or itching near the injection site or at another area of your body, you should consider taking some Benadryl (diphenhydramine). If you have tightness in your chest or difficulty breathing or swallowing, call 911 or get to the emergency room ASAP. If in doubt call for help as things could worsen quickly. Most dangerous allergic responses happen quickly, within minutes to a few hours of the injection. Severe allergic reactions are rare with steroid as we typically give you steroids to help in the treatment of an allergic reaction.

Why didn't my injection help with my pain? If you experienced only short-term relief of pain, it may be that your pain isn't inflammatory in nature. This information is helpful to your provider as this lets them know that your pain may respond to other types of treatment. A pain diary is shown below to help you track your response to the injection.

Patient Name _____ DOB _____

Pain Diary: (Circle pain level) 0 is no pain, 10 is worst pain.

1st Hour:	0	1	2	3	4	5	6	7	8	9	10
2nd Hour:	0	1	2	3	4	5	6	7	8	9	10
3 Hour:	0	1	2	3	4	5	6	7	8	9	10
Day 2	0	1	2	3	4	5	6	7	8	9	10
Day 3	0	1	2	3	4	5	6	7	8	9	10
Day 7	0	1	2	3	4	5	6	7	8	9	10
Day 10	0	1	2	3	4	5	6	7	8	9	10
Day 14	0	1	2	3	4	5	6	7	8	9	10