

POST INJECTIONS TIPS

VISCOSUPPLEMENTATION

You may have pain after the injection. **Apply ice for 10 minutes every 2 hours or take Advil or Motrin (ibuprofen) if there are no contraindications** (allergies, stomach ulcers, etc.).

Redness that appears immediately after an injection is an inflammatory reaction. Redness that persists for 3 days after the injection is often a sign of infection. This can happen despite the precautions taken to promote asepsis. In this case, you should immediately notify Dr. Ducasse at **450-534-3968** or **info@dreducasse.com**.

You must refrain from using the injected limb for a minimum of 7 to 10 days. Always go back to exercise gradually. The pain must always remain below a threshold of 3 out of 10 (10 out of 10 being the most intense pain) when resuming exercise.

After the injection, physiotherapy might be needed or not. If you do not feel any improvement 3 or 4 weeks after your injection, or if you notice a deterioration of your condition, please consult Dr. Ducasse again.

It is possible to have a serious allergic reaction following a viscosupplementation injection. If for example you cannot bend your leg anymore and your knee becomes swollen and painful, you must communicate with Dr. Ducasse right away. Puncturing your articulation may be necessary.

These reactions are very rare (less than 1%).

For more information, contact us at info@dreducasse.com

Dr. Chantal Ducasse
450-534-3968