



*first Step foot Care*

*Physicians and Surgeons of the Foot and Ankle*

[www.firststepfootcare.com](http://www.firststepfootcare.com)

#### REGARDING INJECTION:

You should limit your activity for 12-24 hours and you may experience some discomfort following the injection. You may use ice to the affected area for 10 minutes and Tylenol for pain. If you notice increased pain, discomfort or redness that lasts more than 48 hours, please call the office. If you are diabetic you may notice a transient (short term) elevation of your blood sugar after the injection.