



**Knee Injection**

**Patient Discharge Instructions**

Patient name: \_\_\_\_\_

1. Keep the Band-Aid on for at least 30 minutes.
2. No prolonged standing or vigorous exercise for 12-24 hours.
3. Then, you may resume your normal activity after this with no restrictions.
4. Watch for signs of infection—redness, drainage, increased pain, and warmth.
5. Contact the office with any concerns.

Unless otherwise instructed, you may take Tylenol 1000mg, Naproxen (Aleve®) 500mg, or Ibuprofen (Motrin®) 800mg for post-procedure pain. You may also place ice on the joint for 20 minutes at a time every hour for any joint discomfort.

James Meredith, MD