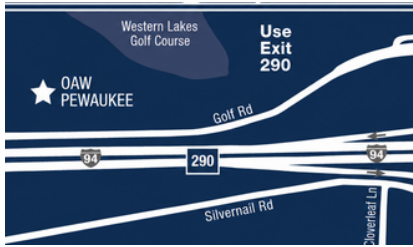


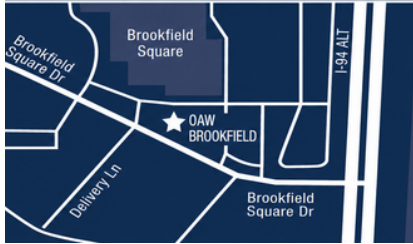
LOCATIONS



PEWAUKEE

N15 W28300 Golf Road
Pewaukee, WI 53072

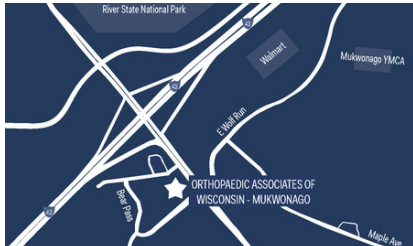
Hours:
Monday - Thursday: 7AM - 7PM
Friday: 7AM - 6PM
Saturday: 8AM - 11:30AM



BROOKFIELD

285 South Moorland Rd
Brookfield, WI 53005

Hours:
Monday - Thursday: 8AM - 5PM
Friday: 8AM - 4PM
Sunday: 8AM - 11:30 AM



MUKWONAGO

1231 S. Rochester St #100
Mukwonago, WI 53149

Hours:
Monday - Friday: 8AM - 5PM



JOHNSON CREEK

350 Hartwig Blvd
Johnson Creek, WI 53038

Hours:
Monday - Friday: 8AM - 5PM



For More Info

262-303-5055, EXT. 3003

OrthoWisconsin.com



CORTISONE INJECTIONS

What to Expect Before and After Your Injection

CORTISONE INJECTIONS

WHAT IS A CORTISONE INJECTION?

A cortisone injection is a steroid injection used to help decrease inflammation.

The injection typically contains two medications:

- A local anesthetic that provides more immediate pain relief.
- A steroid medication that may take up to two weeks to take effect.
-

Cortisone does not cure arthritis or inflammation. It is used as a treatment option to help relieve symptoms.

HOW OFTEN CAN I RECEIVE AN INJECTION?

There is not a set lifetime limit on the number of cortisone injections a patient may receive. However, injections may become less effective over time.

In general, the brochure recommends that cortisone injections in the same area be spaced approximately four to six months apart. More frequent injections may negatively affect the health of the tissue.

AFTER YOUR INJECTION

You may experience increased discomfort for two to three days following your injection.

To help manage discomfort:

- Apply an ice pack for 10–15 minutes several times throughout the day.
- Place a towel between your skin and the ice pack.
- Do not sleep with ice on the injection site.
- Elevate the affected area when appropriate to help decrease swelling.
- Over-the-counter medications such as ibuprofen, Tylenol or aspirin may be used according to labeled instructions.

Your injection may take several days to several weeks to reach its full effect.

POSSIBLE SIDE EFFECTS

Some patients may experience temporary side effects following a cortisone injection.

These may include:

- Temporary increases in blood sugar, particularly for patients with diabetes
- Facial flushing or redness
- Whitening of the skin at the injection site
- Atrophy of the fat beneath the skin
- Rare tendon rupture
-

Avoid strenuous activity for approximately 24 hours following your injection. As with any injection, there is also a small risk of infection.

WHEN SHOULD I CALL?

Contact our office if you experience:

- Persistent or increasing pain, swelling or redness despite icing and elevation
- Fever, chills or general feelings of illness
- Drainage from the injection site
- Symptoms of an allergic reaction

Questions?

Orthopaedic Associates of Wisconsin
Nursing Triage: 262-303-5055 ext. 3003

