



# Post Procedure Care

Procedure	Post Procedure Care
<ul style="list-style-type: none"><li><input type="radio"/> Bursal Injection</li><li><input type="radio"/> Joint Injection</li><li><input type="radio"/> Tendon Sheath Injection</li></ul>	<p>You may feel minor discomfort at the site of the injection for up to 24 hours. Cortisone takes from several hours up to a week to work.</p> <p>If you have any significant pain, swelling or redness you should go immediately to the nearest hospital emergency department or contact your referring doctor as soon as possible.</p>
<ul style="list-style-type: none"><li><input type="radio"/> Autologous/PRP Injection</li></ul>	<p>Following the procedure, one week of rest followed by gradual increase in activity over the next three weeks is recommended. Refrain from any significant repetitive or loading activity involving the body part for four weeks.</p> <p>A moderate amount of discomfort is expected due to the process of inflammation. Inflammation results in repair of the damaged tissues, however, also causes swelling and pain. Paracetamol and cool compression may help. It is best to avoid the use of anti-inflammatory medications post procedure if possible.</p> <p>If you have no more pain, you are advised to commence a four week rehabilitation program under supervision of a physiotherapist. Then no further action is required.</p> <p>If your pain has decreased but pain remains, then a second injection is recommended.</p>

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<input type="radio"/> FNA Thyroid	<p>You may have some pain, swelling and even a little bruise where the needle was inserted into your neck. Simple pain medication such as paracetamol can be taken for this. Pain and swelling should be minimal after 48 hours.</p> <p>It is important to avoid strenuous activity, particularly activity that involves bending over, straining (like lifting weights) or working over your head (like hanging out washing), as all these activities can increase the chance of internal bleeding into the thyroid gland.</p> <p>It is uncommon to have any change in your voice, severe pain, general neck swelling, or difficulty breathing or swallowing after a thyroid FNA. If any of these things happen, contact your doctor, and let them know.</p> <p>If you are experiencing difficulty breathing after the procedure, you should go immediately to the nearest hospital emergency department.</p>
<input type="radio"/> FNA/Biopsy	<p>You may have some pain, swelling and even a little bruise where the needle was inserted. Simple pain medication such as paracetamol can be taken for this. Pain and swelling should be minimal after 48 hours.</p> <p>If you have undergone a biopsy, then it is ideal that the dressing be kept on for several days (at least 2-3) as a small incision (less than 2mm) is typically made. If the dressing is removed before this time, then any dressing can be reapplied in its place. Avoid strenuous exercise during this time.</p> <p>If you have any significant pain, swelling or redness you should go immediately to the nearest hospital emergency department or contact your referring doctor as soon as possible.</p>

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