



Oxford Circus
Physiotherapy

Ultrasound-Guided Injection follow up information



We hope your injection procedure will give you relief of your current symptoms. It may take up to 3 weeks to feel the benefits but they should be long lasting. Here is some important information to be aware of:

Post injection flare

Occasionally you may feel some post injection discomfort which may last up to 48 hours. You can manage this discomfort with ice and paracetamol. If it continues longer than this then please get in touch.

Rest up

You should take it easy with exercise of the affected area for a couple of days to let things settle down. After this time you can exercise again as normal. You may have exercises from your Physiotherapist that they wish you to continue with. Unfortunately any injection does not replace the need for you to also do your rehab routine!

Infection signs

There is always a risk with any injection of infection. This is the same risk as having a blood test. It's important to keep an eye out for signs of infection.

These include:

- Redness
- Pain and swelling of the area injected
- A general feeling of being unwell

If you notice these symptoms please seek medical attention immediately.

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Follow up: If we have not booked you a follow up appointment already, we will be in touch to see how things are settling and answer any questions you have. If you had an injection of Ostenil or Durolane the benefits can last between 6-12 months. It is then suggested to repeat these on at least an annual basis to maintain the benefits long term.

Contact details

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