

# ARTHROCENTESIS

For adolescent and adult patients, we recommend taking 600mg of ibuprofen every 6 hours for 10-14 days. If you were prescribed a narcotic you may alternate this with the ibuprofen so that you are taking something every 3 hours for the first 1-2 days.

Keep to a soft diet for the next week.

Ice your joint for the next 48 hours (20 minutes on, 20 minutes off), then switch to moist heat for the next several days, as needed (30 minutes daily, 3 times per day)

Complete 5 sets of exercises as shown in recovery, 10 repetitions each, daily, until seen back for a follow-up appointment by your doctor.

The local anesthetic may numb the eyes reflex to blink. If so, patch the eye closed until able to blink normally again. Please note, you may be unable to elevate the brow on the side of the procedure. This is temporary.

You have a dressing on top of the injection sites that can be changed as needed. The drainage should slow down over the next few hours. You may shower normally after the dressing is removed.