Foot & Ankle Injections

TIMELINE	SYMPTOMS
5-10 MIN	☐ Onset of numbness
3-4 HOURS	☐ Numbness wears off
24 HOURS – 2 DAYS	☐ Possible "Steroid Flare"
3-7 DAYS (AVERAGE)	☐ Intended Onset of Relief
% OF RELIEF OBTAINED	Improvement Percentage: _____

PLEASE NOTE OTHER AREAS OF PAIN

- Mark "X" and Take Picture on Phone

LACK OF RELIEF CAN MEAN DIFFERENT THINGS

- Pain source will not be calmed by steroid
- Pain is Radiating from Alterative Area

PATIENT NOTES/OBSERVATIONS:

SIMPLICITY Health

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