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## Post Injection Care

- Observe the area for redness, swelling or increased heat
- Rest the area for 24-48 hours after the injection
- Injection area may be sore, throbbing or slightly swollen for a day or two
- Apply ice to the area, 10-15 minutes every two hours for the first 24 hours to decrease pain
- You may take acetaminophen (Tylenol) to help reduce pain
- Diabetic Warning: the injection may elevate blood sugar levels for 1-5 days

**IF YOU HAVE ANY QUESTIONS OR CONCERNS,  
PLEASE CONTACT US AT (208) 799-3333**