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Pain Diary Following Injection

Date _____ Joint : L / R Ankle / _____ MTPJ / _____

Medication administered Hydrocortistab / Kenalogue / Marcain

Please circle the appropriate number representing the severity of your pain at each time point.

Before Injection

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst pain ever

Immediately after injection (within 15 minutes)

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst pain ever

2 Hours after injection

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst pain ever

End of the day of injection

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst pain ever

End of the 2 weeks after injection

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst pain ever

Advice after the Injection

You can put as much weight as is comfortable through the foot. Remove the plaster after about 2 hours. You may experience some increase in pain within 48 hours, this will settle. The injection may take up to 7 days to work.

Please bring this form with you to your next clinic appointment