

**Mr David Gordon** MB ChB, MRCS, MD, FRCS (Tr & Orth)

## Consultant Orthopaedic Surgeon

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### Pain Diary Following Injection

Date \_\_\_\_\_ Joint : L / R Ankle / \_\_\_\_\_ MTPJ / Plantar Fascia / \_\_\_\_\_

Medication administered Hydrocortistab / Kenalogue / Marcain

Please circling 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 24 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**