



Achilles Tendinopathy Management study

Post-injection care and information

Contact details

<<affix a sticker here>>

<<Insert local PI name>>

<<Research team contact tel >>

Pain in the tendon at the back of the heel (Achilles tendon) prevents people doing what they want to do. Other common symptoms include swelling and stiffness to the heel. Achilles pain is thought to be caused when the tendon is unable to heal properly, caused by an imbalance between the damage and repair processes.

Following this injection procedure, please be advised of the recommendations below:

Activity

- Please refrain from any significant activity for one week.
Examples include exercise such as running, weight training or other sporting pursuits.
- You may return to work as you feel able, depending on the level of activity your work involves.

Pain and Swelling

- A local anaesthetic is used during the procedure which means that immediately after the procedure, the Achilles tendon may feel numb, lasting a few hours.
- After this a moderate amount of discomfort is expected as part of the treatment process and is not a cause for concern.
- There may be some discomfort in the area of the injection for a few days.
- You can take simple painkillers such as **paracetamol** to control this. Follow the dosage instructions on the packaging. It is recommended that you **do not take anti-inflammatory medications** (such as aspirin or ibuprofen) for **up to 4 weeks** after the procedure.
- Swelling at the injection site is common and not a cause for concern. To control swelling the leg can be elevated and cold compresses applied.

Skin discolouration

- Bruising at the injection sites may appear up to one week after the injection, but will resolve without further intervention.

Bleeding

- A small amount of bleeding is common.

Potential Complications

- Complications to treatment are rare, however if you experience any additional symptoms, or increased severity of symptoms, please do contact your treating health professional for further advice.