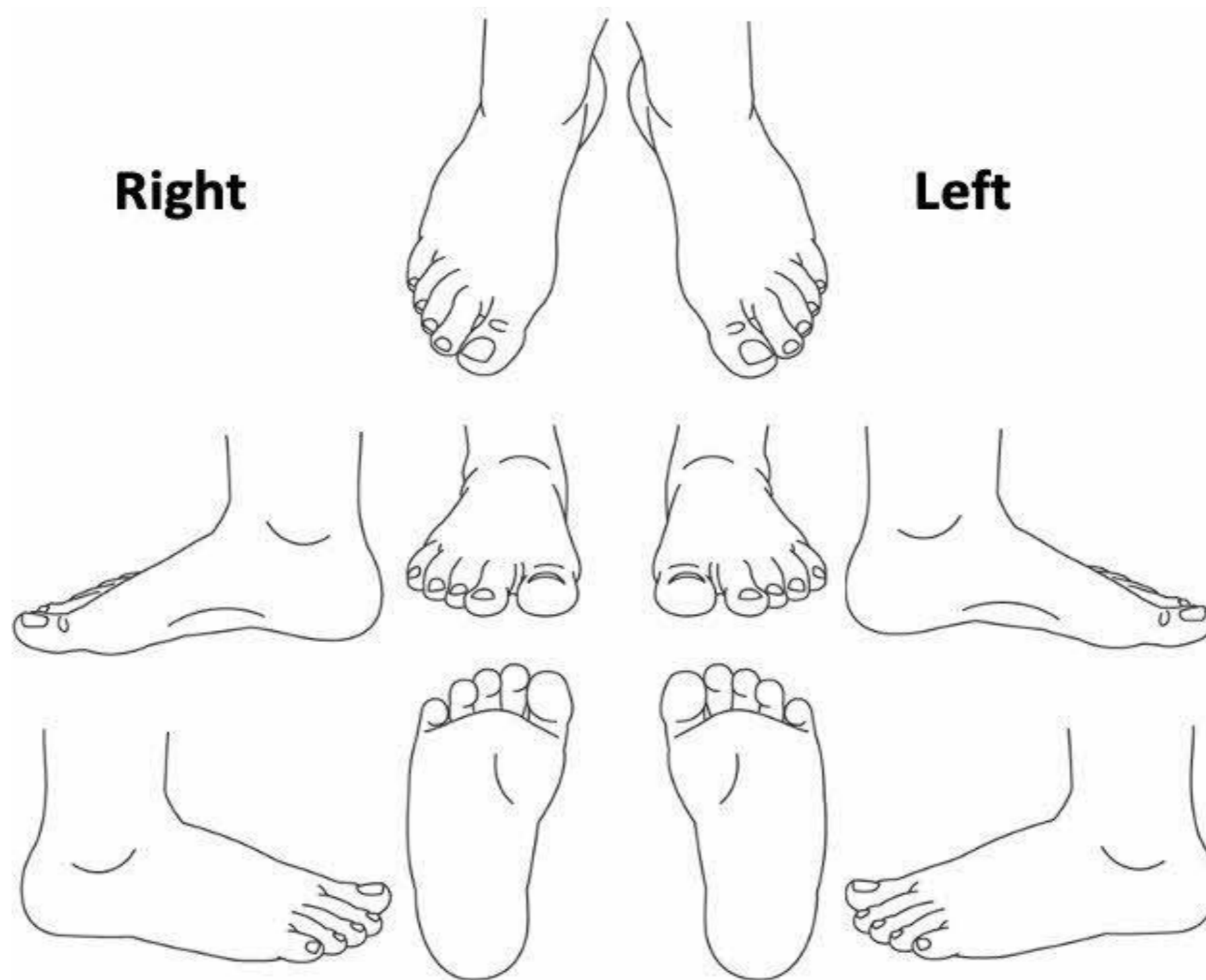


Pain Diary Post Steroid Injection

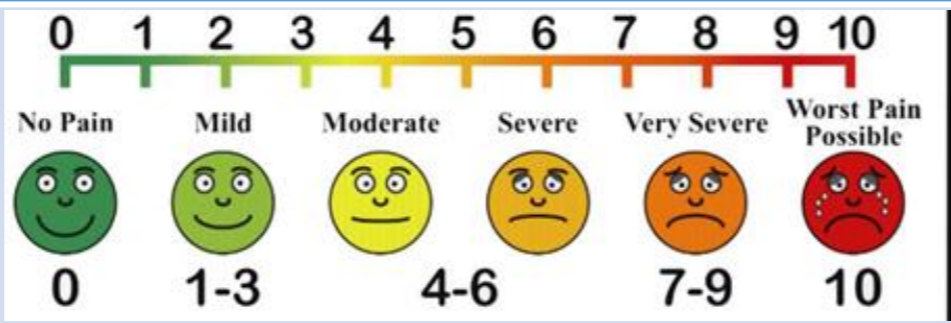

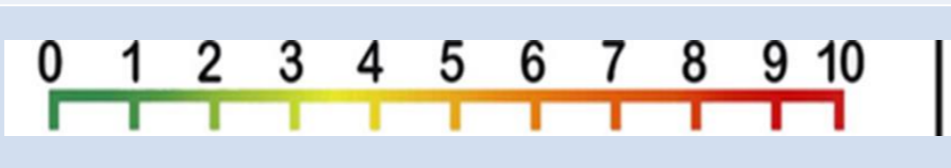

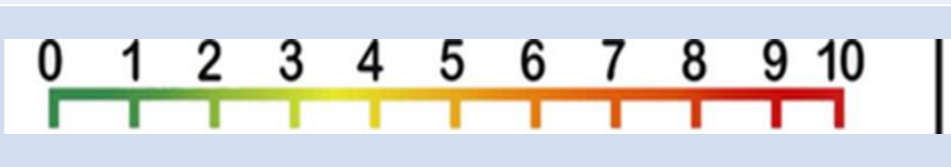

Please write down the date of your injection and mark the location of your injection.

Date of injection:

Site of injection:



Please circle on the pain score scale where it most represents the severity of your pain every day from just before you receive your corticosteroid injection.

Date	Pain Score	Note
Before injection		
5 min after injection		
2 hr after injection		
Day 1 /		
Day 2 /		
Day 3 /		











Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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Pain Diary Post Steroid Injection

Date	Pain Score	Note
Day 4 /		
Day 5 /		
Day 6 /		
Day 7 /		
Day 14 /		
Day 21 ___/___		
Day 28 ___/___		
2 months ___/___		
3 months ___/___		



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