

How to manage flare-ups of your condition

- Keep taking your medication exactly as prescribed.
- Take a regular dose of a painkiller or non-steroidal anti-inflammatory for up to 2 to 3 weeks to help settle the flare-up. *(Please note some patients may not be suitable for anti-inflammatory medication you can discuss this with your GP).*
- Do gentle exercises to help reduce stiffness.
- Apply a cold pack or ice wrapped in a cloth to swollen joints.
- Use a hot water bottle or heat pad on stiff or painful joints that are not swollen.
- Let people around you know, so they can give you a helping hand.
- If the flare-up persists, ask your GP if a steroid injection or a short course of oral steroids might help.

Commented [HY(G1)]: 2-3 weeks

Commented [HY(G2)]: Or a short course of oral steroids

If you have tried the above for over 2 weeks with no improvement, or if you are experiencing frequent flare-ups, please provide us with more information by answering the questions below:

- Are you experiencing pain or stiffness, or both?
- Which joints are affected?
- Is there any swelling? If so, please send photos of the swollen joints from the top and sides .
- How long have you had these symptoms?
- Are you worse in the morning? How long does it take to ease off?
- How is your mobility or ability to use the painful area ? Has this worsened?
- Are you able to grip onto objects?
- Is there any heat coming from the joint?
- Do you take any pain relief or anti-inflammatories? Have you tried hot and cold compress? Or anti-inflammatory gels?
- Have you had any recent infections? Or vaccinations? Was there any injury or overuse of the painful area before it started to hurt?

Commented [HY(G3)]: From the top and sides

Commented [HY(G4)]: 225Or ability to use the painful area

Commented [HY(G5)]: Was there any injury or overuse of the painful area before it started to hurt?