

**1. What should I do if my arthritis is flaring ?**

Use maximum dose pain relievers such as Paracetamol and anti-inflammatory drugs if prescribed – ask your GP for something stronger if necessary.

Rest the affected joints on a pillow or footstool and applying cold packs or ice may be helpful.

If you have no ice, a bag of frozen peas wrapped in a towel would do just as well, but be careful to avoid direct contact on the skin as this can result in burns.

Some people find hot packs more soothing; however if your joints are already warm and swollen, cooling them down may be preferable.

If there is no improvement within a few days you should contact the advice line 01438 285624 or your GP for further advice. You may be advised to have a course of oral steroid or an intramuscular steroid injection to settle your flare.

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

