

Inflammatory Arthritis: Flare Management for Patients

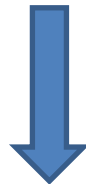


- Rest the affected joints if possible
- Try ice or heat packs
- Take regular pain relief at full dose
- Take an anti inflammatory if allowed



No improvement after 7-10 days

Contact your GP



No improvement following GP review

Contact Advice Line

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