



POST PROCEDURE INSTRUCTIONS

What to Expect:

- If you had sedation, you may be sleepy or tired after the procedure. Therefore, do not drive or operate machinery 24 hours after your procedure.
- You may have some pain or soreness at the injection sites. Pain may occur immediately after treatment or occur after several days. If you received a steroid injection it may take 1 to 2 days to start feeling the benefit and 2 weeks for maximal effect to take place.
- If you are **diabetic**, your blood sugar will likely be elevated the following day. Please monitor your glucose closely and follow up with your prescribing physician if your blood glucose remains elevated.
- Your blood pressure may be elevated the following day. If you experience flushing, redness over the body, or headaches, be sure to contact your primary care physician or go to the nearest emergency room.
- Someone from our office will contact you the next business day to follow up with you and confirm your follow up appointment.

What to Do:

- **Please notify your doctor if you develop a fever greater than 101 degrees, progressive new area of numbness or pain, rash, excessive itching, inability to urinate for more than 8 hours, severe nausea or vomiting, or severe headaches that subsides when lying down.**
- Avoid heavy lifting or strenuous activity for the first 24 to 48 hours after the procedure. You may gradually increase activity as tolerated.
- Arrange for a friend or relative to stay with you the day of the procedure to assist you, use fall precautions. When standing, wait a few minutes before walking.
- You may apply ice to the area for 20 minutes on and 20 minutes off, as needed.
- You may remove your band-aid after 2 to 3 hours or when showering. You may take baths the following day, unless otherwise instructed.
- You may resume your diet after your procedure. However, we recommend starting slow with a light meal first. If no nausea, you may progress to your diet as tolerated.
- You may continue all medications, except for blood thinners which should be started the following day unless otherwise directed.

Patient or Responsible Party

Date

RN

Date