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Advanced Pain Medicine Institute

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President and Medical Director

POST PROCEDURES & INSTRUCTIONS

- You may resume taking medications you were taking before you were given anesthesia as directed by your physician.
- Drink plenty of liquids for the next 6-8 hours. You may eat solid food as tolerated.
- No alcoholic beverages for the next 24 hours
- **NO DRIVING FOR THE REMAINDER OF THE DAY**
- It is advisable not to make any major decisions or sign legal documents for 24 hours.
- Remain at home resting for the remainder of the day and have a responsible adult with you, if possible.
- Avoid a regular exercise program for the next 72 hours.
- Some patients may temporarily experience increasing pain for a 24-hour period or longer before improvement.
- Diabetic patients can expect a rise in their blood sugar level following the procedure. This is normal.
- After the procedure, it is common to feel an aching pain at the injection site for a few days, as well as a mild numbness or slight weakness for a few hours.
- If you experience pain at the injection sites after the local wears off, place an icepack over the areas for 30 minutes 3-4 times on the day of the procedure and use a heating pad 4 times a day afterwards as needed.
- You may experience some cramping sensations of the extremities following your procedure.
- If you experience any of the following symptoms, please call Dr. Ghorbani at 301-220-1333
 - Progressively increasing numbness, weakness or severe pain
 - Loss of bladder or bowel control
 - Seizure activity
 - Severe vomiting lasting longer than 6 hours
 - Swelling at the injection sites
 - Temperature above 101 degrees for 2 consecutive readings

Comments: _____

Your next appointment is: _____ at _____. Arrive 60 minutes prior to scheduled time.

Patients Signature/Date : _____

RN Signature/Date : _____ Dr. Ghorbani/Date : _____

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