

Post-Injection Instructions

- If you do not feel comfortable leaving the clinic due to severe pain, numbness, weakness or dizziness, alert office staff immediately.
- Most people feel better after the procedure for several hours until the numbing medicine wears off. It is normal to feel increased achiness and cramping for one-three days after the injection. It takes three days for the steroids to start working (if steroids were provided).
 - **There are no physical restrictions.** You may want to “take it easy” for 24-48 hours, but please resume normal activities including physical therapy, as soon as tolerated.
- You may shower or bathe after the procedure (unless otherwise indicated).
 - You may remove any bandages the evening after the procedure
- **Notify the office immediately if you notice the following (Office # 215-366-2803):**
 - Leg or arm weakness or numbness
 - Loss of bowel or bladder control
 - Redness, swelling or drainage at procedure site
 - Temperature above 101 degrees
- If you stopped antiplatelet, anticoagulation or other “blood thinners” for the procedure, please resume taking them 24 hours after the procedure.
- Remember to keep your follow up appointment and fill out the pain diary on this form. Bring this form to your next visit.

Pain Diary

Patient Name _____

Procedure _____ Date _____

This is a therapeutic injection. This is a diagnostic injection and pain relief will be short lived.

Pre-Injection Pain Score (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Pain Score **immediately after** the Procedure (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Pain Score **1 hour after** the Procedure (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Pain Score **3 hours after** the Procedure (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Pain Score **1 day after** the Procedure (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Pain Score **3 days after** the Procedure (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Pain Score **1 week after** the Procedure (for the area treated)

0 1 2 3 4 5 6 7 8 9 10

Overall percent reduction in pain _____%