



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

**TODAY'S PROCEDURE: Joint Injection**

1. If you received IV sedation with the procedure, your reasoning, coordination, and reflexes are decreased.

Therefore:

- A. You must not operate a vehicle or use machinery/appliances for twenty-four (24) hours.
- B. Avoid making critical decisions for twenty-four (24) hours.
- C. No alcoholic beverages for twenty-four (24) hours.

2. Return to your usual diet.

3. Resume all preoperative medications. EXCEPT DO NOT RESTART NSAIDS for 24 hours

4. Keep dressing dry and intact for 24 hours.

5. Do not shower for 24 hours, do not bathe or swim for 48 hours.

6. Contact your physician if you notice bleeding or drainage from the puncture site, unusual redness or swelling around the site, new persistent pain, fever above 100 degrees F.

**SPECIAL INSTRUCTIONS:**

- Injection of steroid and local anesthetic into your joint has been shown to be both diagnostic and potentially therapeutic for alleviating symptoms stemming from the joint. Steroids are potent anti-inflammatory drugs that act to decrease the inflammation in the joint thus relieving your clinical symptoms.
- Steroids may cause side effects that include blurred vision, frequent urination, increased thirst and change in blood sugar levels, especially in diabetic patients. If these side effects become bothersome or worsen, please call our office.
- Don't do any heavy exercise or place a lot of strain on the injected joint for the first two days after the procedure.
- If fever, chills, increased pain, swelling, redness or warmth of the joint were to occur, seek immediate medical attention.
- Local anesthetic is often used in combination with the steroid. The local anesthetic may provide pain relief for the first few hours after the injection, but then wears off. You may be sore for a day or so. Pain relief from the steroid is typically experienced a few days after the injection. This injection may provide pain relief for several weeks or months.
- Joint pain may return slowly after an injection. Some people receive long-term pain relief, but for most people the pain returns over time. You can keep taking any medicine you may have for the joint that your doctor has prescribed. Maintain adequate physical activity and physical therapeutic programs.



# Enhance Center

## Interventional Spine & Sports

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### **Patient Instructions: Post Procedure Fall Precautions**

#### **After Your Procedure**

- Have someone check on you for the next 12 hours.
- Always have a way to call for help. If you have a cell phone or portable phone, keep it with you at all times for the next 12 hours.
- Keep a phone next to your bedside or area where you rest post-procedure.
- Keep a list of emergency numbers near the phone.

#### **To Get Up from Bed**

- Clear bed sheets from your feet.
- Move to the edge of the bed and roll onto your side. Push yourself up with your hand.
- At the same time, swing your legs over the side of the bed.
- Sit on the edge of the bed for at least 30 seconds before standing up.
- With both feet firmly on the floor, put your hands beside you on the bed and slowly push yourself up.

#### **Get Help to Move Around**

- Take your time getting up at home and if needed, ask someone to help you.
- Sit up slowly and with help.

#### **Keep Things Within Reach**

- Keep the things you use often within easy reach, like tissues, remote control, snacks and drinks.

#### **What to Do If You Fall**

- Above all try to stay calm
- If you start to fall, try to relax your body. This will reduce the impact of the fall.
- Call family member for assistance.
- Don't rush to get up. First, make sure you're not hurt.
- Be sure to get checked by your healthcare provider for any injuries.

#### **Using Curbs and Stairs**

- Curbs, steps, or uneven pavement can trip you. Take care when near them.
- Check the height of a curb before stepping up or down. Be careful with uneven and cut-out sections of curbs.
- Don't rush when crossing the street. Watch for changes in pavement height.
- On stairs, grasp the handrail and take one step at a time. If you ever feel dizzy on stairs, sit down until you feel better.



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**PAIN DIARY**

Dear Patient,

In effort to better assess your pain after you go home, please use this "**Diary**" to record your pain score. This is the best way for your doctor to evaluate how effective your pain management was. **Please BRING this diary with you to your next appointment.**

DATE	TIME	RATE YOUR PAIN ON A SCALE OF 0-10
Before Procedure		
After Procedure		
2 Hours After Procedure		
4 Hours After Procedure		
6 Hours After Procedure		
8 Hours After Procedure		
Next Day After Procedure		
Second Day After Procedure		
Third Day After Procedure		
Fourth Day After Procedure		
Fifth Day After Procedure		