

Pain Management Post-Procedure Instructions

Restrictions

- Do NOT drive a vehicle or operate machinery for 6 Hours after injection
- Do NOT apply heat to the injection site for 24 hours after injection
- No Swimming, Bath Tub, or Hot Tub for 24 hours after injection

Instructions

- Diet
 - You may continue or resume your normal diet
- Activity
 - You may resume light activities as tolerated
 - You may resume Physical Therapy or Home Exercise unless otherwise instructed by your doctor
- Wound Care
 - You may remove the bandage(s) 4 hours after the procedure
 - You may shower
 - You may apply ice to the site for the first 24-36 hours after injection (No more than 20 minutes per hour)
- Medications
 - You may take your regular pain medicine
 - If you stopped a medication for the procedure, such as a blood thinner, **discuss when to resume this with you doctor**

Procedure Expectations

- You may experience an increase in your pain for the first several days after injection
- If you received a steroid injection, it can take between 2 Days and 2 Weeks for steroid to have an effect
- If you had a diagnostic nerve block, symptom relief may only last several hours or days
- If you had a nerve ablation, it may take up to 2 weeks for the effect to be noticed

Possible Steroid Side Effects (Temporary)

- Skin Flushing/Redness, Sweating, Headache, Increased Appetite, Euphoria, Restlessness, Anxiety, Insomnia, Oral Thrush, Yeast Infection/Vaginitis, Menstrual Changes, Increased Blood Sugar, Increased Blood Pressure

Possible Procedural Complication

- **Minor/Self Limited:** Mildly Increased Pain/Mildly Increased Pain with Movement, Mild Nausea/Vomiting, Mild Headache, Mild Bleeding/Bruising/Swelling at Injection Site
- **Major/Serious**
 - Allergic Reaction/Anaphylaxis: Hives, Rash, Swelling in Lips/Face/Throat, Trouble Breathing
 - Heavy Bleeding
 - Infection: Fever, Chills, Persistent Redness and Swelling, Drainage at Injection Site, New-Onset Neck Stiffness or Light Sensitivity
 - Nerve Problems: Severely worsened Pain, Inability to Move, New-onset Numbness or Weakness in the Arms or Legs, Numbness in the Groin Area, Loss of control of the Bowel or Bladder, Inability to Urinate

In the event of any Side Effects or Minor Complications that persist or concern you, contact our office to discuss.

In the event of any Major Complications, contact our office immediately and go to the local Emergency Department or call 911.

**Please call the office at 518-782-3938 with any Questions or Concerns.
If the office is closed and/or you are having a medical emergency, call 911.**