

DuPage Valley Pain Specialists

Ph (630) 967-6000 Fx (630) 428-3971

Post-Procedure Instructions

Following your injection, please follow these instructions:

- 1) Limit activities (nothing strenuous) the day of the procedure. You may resume normal activities the following day. No physical therapy for three days unless instructed otherwise by the physician.
- 2) You may resume work unless told otherwise by the physician.
- 3) You may resume a regular diet.
- 4) No Aspirin for twenty-four hours after the procedure.
- 5) If you are taking blood thinners and stopped them for this procedure you may resume taking the blood thinners again as follows: Coumadin-you may resume that night, Plavix-you may resume the next day.
- 6) If you have IV sedation or oral Valium, you cannot drive or drink alcohol for twenty-four hours. Do not sign important documents for twenty-four hours.
- 7) Keep the band-aid clean and dry for twenty-four hours. Do not submerge the procedure site in water for the remainder of the day. (No swimming, bathing, or whirlpools) You may take a shower. You may remove the band-aid after twenty-four hours.
- 8) For mild pain or tenderness at the injection site, you may take acetaminophen or your prescribed medication.
- 9) You may also apply a cold pack or ice at the injection site for fifteen to twenty minutes, 2-3 times per day over the next three days. Do not apply ice directly to the skin. Nothing excessively hot should be placed on the injection site for twenty-four hours.

Expected Recovery:

- Soreness, stiffness, mild bruising and muscle cramping at the injection site are not uncommon following the procedure. These effects are transient and will resolve with time.
- It may be several days before you see improvement. For some patients, the pain may get worse the day following the procedure before it gets better.
- If you get pain relief, it may last from a few days to several months following the injection.
- A series of three injections may be offered, but your individual response will be evaluated after each injection.

Warning Signs:

If you experience any of the following symptoms after today's procedure, please contact the office at (630)967-6000, Monday-Friday between the hours of 8:00 a.m. and 4:00 p.m. If you are unable to contact us, please go to the emergency room.

- Signs of infection at the injection site: redness, drainage or swelling, pain at the injection site lasting more than three days, fever/chills.
- Severe headache that is worse when standing upright.
- Increased numbness and tingling in your arms or legs.

- Any new bowel or bladder incontinence.