



Pain Post-Procedure Instructions

Please read the following instructions carefully.

AFTER THE PROCEDURE:

- Following discharge home, you should plan on rest and relaxation. Avoid any strenuous activities for about 48 hours. After 48 hours, you may resume your normal activities as **tolerated**.
- You may experience some pain or discomfort at the injection sites. This is not abnormal. Slight bruising and/or swelling may occur as well.
- We strongly advise you to ice the injection sites for 15 minutes, 2-3 times a day, for about one week.
 - If icing helps your overall pain, then you can continue for longer than one week.
 - Please do **NOT** apply ice directly onto the skin, and do **NOT** sleep with the ice to prevent risk of ice burns.
- You may take Tylenol/Acetaminophen up to 3 times/day as needed (if no hx of liver disease).
- You may shower normally the day after the procedure, but do **NOT** swim, use a hot tub, take a bath, or submerge yourself in stationary water for **at least 2 days** to reduce risk of infection.
- You may remove the dressing when you shower the next day. If the injection site is completely closed, then it is ok to leave open to air. However, if the injection site is still open, then apply a bandage until the site is completely healed.
- Please call us immediately if you have any fever (101°F or greater), chills, significant redness, drainage, or any signs of infection at the injection site.
- If you received any form of sedation, do **NOT** drive or operate machinery for **at least 12 hrs.**
- You may resume your blood thinner (anticoagulation/anti-platelet) medication as instructed by your provider and in accordance to the blood thinner clearance. This is typically 24-48 hours after your procedure.
- If you received a **spine procedure**, please wait 24-48 hours prior to resuming your anti-inflammatory medications (NSAIDs) or preventative baby aspirin (81 mg).
- Please note that it may take 3-5 days (on average) for the steroid medication to take effect. Peak effect may require 2-3 weeks. This is a good time to follow-up with your provider to report your response to the procedure.
- If you received a diagnostic procedure (i.e. Medial branch nerve block, Genicular nerve block, etc.), it is very important you record the specific **amount of relief** you experienced and the **duration**. Your provider will ask for this information at your follow-up visit in order to determine the next step of treatment.

If you have any question or concern, please call **Texas Regional Clinic** at 713-498-1741.