

## Postoperative Instructions If you have received anesthesia for your procedure today, it can affect you for up to 24 hours.

Therefore, you must adhere to the following:

- **Have a responsible adult stay with you all day and all night for the first 24 hours.**
- **Avoid fatty, spicy, or heavy foods today.**
- **Do not drive or operate machinery of any kind for 24 hours.**
- **Do not drink any alcohol for 24 hours.**
- **Do not make any important decisions or sign any legal documents today.**

What to expect **after** the procedure:

- **Moderate local tenderness at the site of injection, which usually improves in 2-4 days.**
- **Temporary increase in pain.**
- **Temporary numbness or tingling in affected extremities.**
- **Temporary difficulty with urinating.**

Apply an ice pack to the injection site to reduce swelling and pain. Heat may also be applied after 3 days. Do not apply ice or heat directly on the skin since extreme temperature may cause damage, especially when the skin is numbed. Take pain medication as needed. You may remove the dressing covering the injection site after 24 hours or when there is no evidence of any bleeding. Please wait a full 24 hours after your procedure before bathing.

### **Please follow the instructions below:**

- **Cervical/ Thoracic/ Lumbar epidural steroid injection:** increased pain or stiffness in the neck or back for the next few days. Improvement may be noted in the first 1-3 days, but may be delayed for up to 2 weeks. Rest your back and keep your activities to a minimum for at least 2-3 days. Avoid excessive exercise for at least 1 week.
- **Cervical / Thoracic / Lumbar facet injection:** Increased pain or stiffness in the neck or back for the next few days. Improvement may be noted in 3-5 days, but may be delayed for up to 2 weeks. Resume normal activities after the procedure and note your pain relief on the pain log provided.
- **Cervical / Lumbar facet rhizotomy:** Increased pain or stiffness in the neck or back for the next few days. Improvement may be noted in 3-5 days, but may be delayed for up to 2 weeks.
- **Stellate ganglion block:** Pain may decrease or be unchanged. Record pain levels every 2 hours for 1 day so that you can discuss them with your doctor at your next office visit. Rest and keep activities to a minimum. You may also experience: a feeling of warmth in your arm; a feeling of a lump in your throat as well as a hoarse voice; droopy, red eyes; nasal congestion on the side of the injection; headache. **DO NOT EAT OR DRINK ANYTHING FOR 1 HOUR AFTER YOUR PROCEDURE TO PREVENT ASPIRATION.**
- **Lumbar sympathetic block:** pain may decrease or be unchanged. Record pain levels every 2 hours for 1 day so that you can discuss them with your doctor at your next visit. Rest and keep activities to a minimum. You may also experience a feeling of warmth in your leg.
- **Discogram:** Rest your back and keep activities to minimum for the rest of the day. You may resume routine activities as tolerated tomorrow.

Please notify DR. \_\_\_\_\_ @ \_\_\_\_\_ if you experience any of the following:

- Fever greater than 101 F
- Skin rash
- Uncontrolled nausea
- Redness or drainage from the injection site
- Severe pain
- Numbness or tingling lasting longer than 24 hours
- Any bowel/ bladder incontinence
- Any new weakness experienced after the procedure

Written post-operative instructions discussed with patient and/ or caregiver, understanding verbalized and copy given to patient

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RN Signature

Date

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Patient/ Caregiver Signature

Date