



POST PROCEDURE INSTRUCTIONS

ACTIVITY

1. Rest on the day of procedure, increase activity as tolerated.
2. **DO NOT DRIVE – You MUST be accompanied with a DRIVER to take you home.** Do not drive a vehicle, operate hazardous equipment, make complex legal decisions or sign any legal documents for at least 24 hours after your procedure.
3. Do not drink alcohol for at least 24 hours.
4. You may experience temporary numbness or weakness in your arms/legs.
5. Use an ice-pack on your neck/back every 3 hours for 10-15 mins per hour for the first 24 hours. Do not put ice directly on your skin.
6. Avoid prolonged immersion, or bathing for 24 hours. You May Shower. Keep the injection site dry and clean.

DIET

1. Resume normal diet.

MEDICATION

1. The day of your procedure you may take all previous prescribed medications **except** for blood thinners. The day after the injection you may take your prescribed blood thinners (Plavix, Aspirin, Coumadin, etc.). If you have any questions, please check with your prescribing or primary care physician.
2. If NOT ALLERGIC or NO OTHER CONTRAINDICATIONS exist, you may take over the counter Tylenol/Acetaminophen as directed on the bottle for 72 hours.

COMMON SIDE EFFECTS

1. You may have some discomfort at the injection site including soreness, stiffness, mild bruising, and muscle cramping. You may experience low grade fever (temperature less than 100° F). If no allergy or other contraindication, you may take Tylenol/Acetaminophen as directed on the bottle for 72 hours for low grade fever. These reactions are not uncommon and should resolve over time.
2. Common side effects after a steroid injection include flushing or feeling of warmth, increased appetite, water retention, and increased menses. If you are diabetic, you should monitor your blood sugars with fingersticks 3-4 times/day following the steroid injection. Work with your primary care physician, cardiologist, or endocrinologist for any problems you may have with high blood sugar levels.
3. **Please call your physician promptly if you experience any of the following:**
 1. Abnormal or excessive bleeding.
 2. Difficulty breathing or shortness of breath.
 3. Difficulty with controlling bladder or bowel function.
 4. Changes or significant increase in severity of pain.
 5. Signs of infection around injection site such as redness, drainage, or swelling.
 6. High grade fever (temperature more than 100° F) and chills.

TRANSPORTATION HOME

1. You, the patient must have a responsible adult to drive you home. Remember, you will not get the full benefit from this procedure for 5- 10 days (some procedures may take longer for their full effect).

I, _____, understand and agree with the instructions provided above. I was given opportunity to discuss and had all my questions answered.

Signature: _____