

# POST PROCEDURE INSTRUCTIONS

Interventional Pain Medicine  
196-17 Hillside Avenue  
Hollis, NY 11423  
Phone: 718 479 3900

**Rajesh Patel, MD,FIPP,DABPM**

You should go home and rest after the procedure. You should be able to return to work the day after the procedure. If you had a discogram or RF neurotomy you may need an additional 1-2 days off work.

Do not take pain medication in the first few hours after the procedure if you had a diagnostic procedure unless your pain is significant. If you need to take pain medication in the first 6 hours after a diagnostic injection then note this on your pain diary. You can resume all your regular medications and supplements after the procedure without restrictions.

You may experience soreness and tenderness at the area of your treatment. Some patients experience a temporary increase in their pain as the anesthetic wears off and before the corticosteroid (cortisone) begins to take effect. It is important to understand the difference between symptoms commonly experienced due to the procedure versus complications related to the procedure. Serious complications are extremely rare.

## **Symptoms commonly experienced:**

- Soreness at the injection site
- Increased discomfort for 2-5 days in the area of the injection or in the distribution of your normal pain
- Increased stiffness or muscle spasm

*Most find that using an ice pack (for 20-30 minutes up to every 2 hours) and resting after the injection will provide comfort and these symptoms will resolve within several days. Additionally, taking a warm bath, Tylenol or your regular pain medicine may be helpful. Avoiding activities that aggravate your pain may also be of benefit. Be patient and try these treatments before considering additional measures.*

**If you received a cortisone/steroid injection** (e.g. epidural, facet, sacroiliac or hip joint injection)

additional temporary side effects you may experience from the cortisone include: sweating, flushing or redness of the face and chest, increased heart rate, mood swings, increased appetite, restlessness, slight increased blood pressure, difficulty sleeping, anxiety, hiccups, headache, extra energy, minor swelling, upset stomach, menstrual changes, frequency of urination; and slight fever (Temperature 99-100) with flu-like symptoms.

**The following symptoms are potentially related to a complication and should alert you to be taken by ambulance or by another driver to your nearest emergency room. Notify our office if any of these symptoms occur.**

Progressively worsening weakness

Bleeding at the injection site that is not stopped within 20 minutes of pressure

Seizures

Difficulty breathing or speaking

High fevers (greater than 101 degrees Fahrenheit)

Loss of bowel or bladder control, inability to urinate

**Patient Signature**

**Date**