

## HOME CARE INSTRUCTION AFTER PAIN PROCEDURE

### INSERTION SITE CARE:

- Ice packs, if needed for the 1st 24 hours. Warm moist heating pads after that.
- May alternate ICE & HEAT every 10 minutes after 24 hours.

### ACTIVITY

- Take it easy today! REST for 24 hours. Then, increase activity as tolerated.
- If you have weakness or numbness anywhere caused by the pain block, limit activity until sensation returns to normal.
- You may take a shower the next day and remove the band-aids.
- Avoid tub baths, whirlpools and swimming pools for the next 2-3 days.
- **If you received sedation via IV or you took any oral sedative medication (Valium, Xanax, Ativan or Klonopin), DO NOT drive any vehicle, DO NOT operate any equipment for the next 24 hours and DO NOT make any important decision for the next 24 hours.**

### DIET & MED

- Drink plenty of fluids and resume normal diet as tolerated.
- Resume your medications as instructed including pain medication.
- Resume "Blood Thinners" Plavix, Coumadin, ASA, ect as scheduled.
- You may take extra Tylenol and/or Motrin (Ibuprofen) if pain at the injection site.

### WHAT TO EXPECT AFTER THE PROCEDURE

- You may experience increased pain for 24 hours to 5 days after the injections, or a stiff, full, tight feeling. This is normal. Use ice and heat as needed.
- You may have bruising at the injection site. If so, apply ice.

### NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR at (888) 987-2727

- Any skin rashes, hives, shortness of breath, or wheezing.
- An increase in your level of pain unrelieved by regular means.
- Persistent nausea or vomiting.
- Persistent headache which worsens upon sitting or standing.
- Chills/fever (temperature greater than 101 F).
- To help us check the results of your pain block, please note if and when your pain returns. Also, record the time you begin taking any pain medications.
- Any other questions/concerns call the doctor's office at **(888) 985-2727**

### FOLLOW UP

- You should have a follow up appointment within 2-3 weeks. Please call the office at **(888) 985-2727** for a follow up appointment.
- Please try to remember quality of pain relief (0 % ~ 100 % pain relief) and the duration (3 hours, 1 day, 14 days, etc).