

GLOBAL INSTITUTE OF SPINE & JOINT CARE

Post Procedure Instructions

To help better diagnose or treat your pain, you have undergone the following procedure:

<u>Procedure Site:</u>	<u>Cervical</u>	<u>Thoracic</u>	<u>Lumbar</u>	<u>Caudal</u>	<u>Muscle/Joint</u>
<u>Procedure Side:</u>	<u>Left</u>	<u>Right</u>	<u>Bilateral</u>	<u>Not Applicable</u>	
<u>Procedure Title:</u>	<ul style="list-style-type: none"> • Epidural Steroid Inj. • Transforaminal Epidural Steroid Inj • Medial Branch Nerve Block • Radiofrequency Neurotomy • Trigger Point Inj. 		<ul style="list-style-type: none"> • Sacroiliac Joint Inj. • Epidural Adhesiolysis • Discography • Spinal Cord Stimulator Trial • Other. 		

You may experience numbness or weakness after your injection. Please follow the following instructions.

1. Do not drive for 24 hours following the procedure. Before driving, it is important that no residual anesthetic or weakness is present.
2. **SEDATION EFFECTS CAN BE PROLONGED. (USE ASSISTIVE DEVICES. EX. WALKER, CANES, AND WHEEL CHAIRS) ALWAYS HAVE SOMEONE WATCH YOU FOR UP TO 24 HOURS AFTER THE PROCEDURE.**
3. If possible, do not engage in strenuous activities for 48 hours post procedure.
4. **Avoid taking your routine pain medications as prescribed by your doctor unless otherwise indicated, on the day of procedure**
5. **If you had MBNB**, please note your degree of pain relief carefully, and report to the doctor at your next visit. It is likely to help you only for a few days.
6. **If you had Radiofrequency Nerve Ablations (RFA)**, it may take 2-6 weeks before maximum pain relief. You may feel increased pain for a few days after procedure.
7. Expect local discomfort at the injection site, you may:
 - **Apply local ice packs every hour as needed at the site of procedure.**
 - **May take over the counter Tylenol**
 - **It will usually subside within 24-48 hours**
 - **Rest.**
8. Occasionally your pain may become more intense after the injection. If longer than 48hrs contact our office.
9. If you were taking blood thinners prior to the procedure and were discontinued, resume taking them in 24 hours or as told by your primary care physician or cardiologist.
10. If any of the following conditions develop:
 - **Fever, chills, vomiting, shortness of breath**
 - **Severe neck or low back pain not previously present**
 - **Sudden onset of arm or leg weakness not previously present**
 - **Acute shortness of breath with or without shoulder pain**
 - **Abnormal or excessive bleeding**

GO TO THE NEAREST EMERGENCY ROOM IN YOUR AREA AND BE EVALUATED.

Also call 817-987-1805 and have the answering service contact Dr. Mehta or the physician covering for him. After hours call 214-552-4284 and we will contact you as soon as he can.

If you have any other questions following this procedure, please do not hesitate to call our office. The above post procedure instructions have been explained to me. I understand them and a copy has been given to me for review and record.

Patient or legal Guardian

Date

Instructions given by: _____