

## Post Procedure instructions

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

<b><u>Procedure Site:</u></b>	<b>Cervical</b>	<b>Thoracic</b>	<b>Lumber</b>	<b>Caudal</b>	<b>Muscle/Joint</b>
<b><u>Procedure Side:</u></b>	<b>Left</b>	<b>Right</b>	<b>Bilateral</b>	<b>Not applicable</b>	<b>,</b>
<b><u>Procedure Name:</u></b>	<b>Epidural Injection</b>	<b>Facet joint Injection</b>	<b>Radiofrequency lesion</b>		
	<b>Sacroiliac Joint Injection</b>	<b>Trigger point injection</b>	<b>Spinal Cord Stimulation</b>		
	<b>Lysis of Adhesions</b>	<b>Discography</b>	<b>Other:</b>		

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

1. Do not drive for several hours following the procedure. Before driving, it is important that no residual anesthetic or weakness is present
2. If possible, do not engage in strenuous activities for 48 hours post procedure
3. Continue taking your routine pain medications as prescribed by your doctor unless otherwise indicated.
4. It may take up to 48-72 hours before the procedure benefit is seen.
5. Expect local discomfort at the injection site, you may:
  - a. **Apply local ice packs every hour as needed.**
  - b. **May take over the counter anti-inflammatory drugs**
  - c. **It will usually subside within 24-48 hours**
  - d. **Rest**
6. Occasionally your pain may become more intense after the injection; in this case you can increase your usual analgesic dose for 48 hours. If longer contact our office.
7. Of you were taken 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.
8. If any of the following conditions develop:
  - a. **Fever, chills, vomiting, shortness of breath.**
  - b. **Severe neck or low back pain not previously present.**
  - c. **Sudden onset of arm or leg weakness not previously present.**
  - d. **Acute shortness of breath with or without shoulder pain.**
  - e. **Abnormal or excessive bleeding.**

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

**Also call 817 987 1805 and have the answering service contact Dr. Mehta or the physician covering for him.**

If you have any other questions following this procedure, please do not hesitate to call our office.

Your next appointment in our office is on \_\_\_\_\_.

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 \_\_\_\_\_

**After hours call 214 552 4284 and Dr. Mehta will contact you as soon as he can**