

following your injection, please follow these instructions

- Walking Limit activities (nothing strenuous) the day of the procedure. You may resume normal activities the following day.
- You may resume work unless told otherwise by the physician.
- You may resume a regular diet.
- You need to schedule a follow up appointment in 2-3 weeks to evaluate your symptoms and response to injection therapy. A series of injections may be offered, however you will be evaluated after each injection as to whether further injections should be done.
- It may be several days before you see improvement. For some patients, the pain may get worse at the day following the procedure before it gets better. This is not uncommon.
- If you get pain relief, it may last from a few days to several months following the injection.
- If you are taking blood thinning medication and stopped them for this procedure you may resume taking the blood thinners again as follows:
 - a. Coumadin-you may resume the night of the procedure. Work with your prescribing MD to obtain therapeutic levels.
 - b. Plavix-you may resume the next day.
 - c. Aspirin-resume at your next regular dose.
- If you had IV sedation or oral Valium, you cannot drive or drink alcohol for twenty-four hours. Do not sign important documents for 24 hours.
- Keep the band-aid clean and dry for 24 hours. Do not submerge the procedure site in water for the remainder of the day. (No swimming, bathing, or whirlpools) You may take a shower. You may remove the band-aid after 24 hours
- For mild pain or tenderness at the injection site:
 - a. You may take acetaminophen or your prescribed medication.
 - b. You may use a cold pack/ice at the injection site for 15 minutes 2-3 times per day over the next 3 days. Do not apply ice directly to the skin. Nothing excessively hot should be placed on the injection site for 24 hours.

post injection site expected recovery & warning signs

- Soreness, stiffness, mild bruising and muscle cramping occasionally occur at and around the injection site. This is not an uncommon side effect it is transient and should resolve over time.
- Signs of infection at the injection site: redness, drainage or swelling, pain at the injection site, fever/chills lasting more than 3 days.
- Severe headache that is worse when standing upright.
- Increased numbness and tingling in your arms or legs.
- Any new bowel or bladder incontinence.

post steroid injection common side effects

- Flushing or feeling of warmth, increased appetite, water retention, increased menses may occur due to the steroids.
- **If you are diabetic** you should monitor your blood sugars with finger-sticks 3-4 times/day following the steroid injection and work with your primary care physician or endocrinologist with any problems you may have with high blood sugar levels. This is a side effect of steroids.

IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS AFTER TODAY'S PROCEDURE, PLEASE CONTACT THE OFFICE AT (630)967-6000, MONDAY-FRIDAY BETWEEN THE HOURS OF 8:00 A.M. AND 4:00 P.M. IF YOU ARE UNABLE TO CONTACT US, PLEASE GO TO THE EMERGENCY ROOM.

I have read and understand the post procedure instructions and have had the opportunity to discuss its contents with a member of the clinical staff.

Patient/Guardian Signature

Date

I have received a copy of the Advanced Notice handout which provides detailed information regarding preparing for my procedure, Patient Rights and Responsibilities, Filing Grievances, Advance Directives, Ownership Disclosure, Notice of Privacy Practices, and Financial Policies.

Patient/Guardian Signature

Date