

Advanced Pain Centers, S.C.

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POST PROCEDURE INSTRUCTIONS

Following your procedure today, please review the instructions below:

1. The day of the procedure keep your activity level low, relax, no strenuous activity.
 2. No physical therapy for 3 days.
 3. You may resume work unless told otherwise by the physician.
 4. Remove band aid from injection site when bleeding stops. (Leave on no longer than 24 hours.)
 5. Resume your diet. If nausea occurs, try clear liquids, progress to normal food. (If nausea persists, please call us)
 6. No aspirin for 24 hours after procedure.
 7. If you have received IV sedation, no driving, or drinking for 24 hours. Do not sign any important documents for 24 hours.
 8. You may take Tylenol 650 mg. for mild pain or tenderness at the injection site or resume your pain medications. An ice pack placed on the injection site may also be helpful. Nothing excessively hot should be placed on the injection site for 24 hours.
 9. Common side effects from procedures include:
 - Flushing or feeling of warmth
 - Increased water retention
 - Leg cramps
 - Increase in appetite
 - Increased menses
 - Increase in blood glucose levels. Note: If you are diabetic, you should monitor your blood sugar levels closely.
- ★ These side effects are to be expected and should not be cause for concern.
10. If you experience any of the following symptoms within 48 hours after today's procedure, please call the office at (847) 608-6620. If it is after hours, have the physician on call paged.
 - a. Redness, swelling, and/or drainage at the injection site
 - b. Fever and/or chills
 - c. Severe headache
 - d. An increase in numbness and tingling in arms or legs
 11. If you have any questions or concerns, feel free to contact the Pain Management nurse, by calling (847) 608-6620.
 12. Follow-up appointments are to be made for the following:
 - Complications following procedure
 - If you have had no relief after 7 days post procedure
 - Radiofrequency or Pulsed Radiofrequency
 - 2nd Facet Injection
 - 2nd Lumbar Sympathetic Injection