

# Advanced Pain Centers, S.C.

## POST PROCEDURE INSTRUCTIONS

Following your procedure today, please review the instructions below:

1. Lie down for two hours on your (back/right side/left side) as soon as you return home.
2. Remove bandaid from injection site when bleeding stops. (Leave on no longer than 24 hours.)
3. No aspirin for 24 hours after procedure.
4. 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.
5. 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.**

6. If you experience any of the following symptoms within 48 hours after today's procedure, please call the office at (877) 964-7246. If it is after hours, have the physician on call paged.
  - ▶ Redness, swelling, and/or drainage at the injection site
  - ▶ Fever and/or chills
  - ▶ Severe headache
  - ▶ An increase in numbness and tingling in arms or legs
7. If you have any questions or concerns, feel free to contact the Pain Management nurse, by calling (877) 964-7246.
8. Your follow-up appointment will be:

\_\_\_\_\_ at \_\_\_\_\_  am  pm

Mon  Tues  Wed  Thur  Fri