

### **Pain Post-Procedure Instructions**

- 1) Avoid heavy lifting, unusual positions, vigorous exercise, or other maneuvers that can aggravate your pain, for a day or two after your procedure (**unless instructed otherwise after diagnostic injections**).
- 2) Soreness near the procedure site is not uncommon after your procedure, especially the first night. If it occurs, application of ice could be helpful. If your physician permits, and if you don't have stomach problems, bleeding problems, or other allergies to anti-inflammatory medicines, over-the-counter anti-inflammatories will often relieve the discomfort.
- 3) For patients who receive steroid injections and have high blood sugar, or diabetes, or take insulin, blood sugar may become elevated. Consult your personal physician for monitoring your blood sugar. This elevation can be a problem for 3-5 days.
- 4) If you notice redness, fever, warmth, tenderness, swelling, or other signs of infection at the site of the procedure, notify your physician at (703) 444-5447.
- 5) If you develop any of the following symptoms, contact your physician and go to the nearest Emergency Room: persistent weakness in extremities, loss of bowel-bladder function, or inability to urinate.
- 6) Make an appointment for medical follow-up with your physician as instructed.
- 7) If you have any other questions, please feel free to call us at (703) 444-5447