

INSTRUCTIONS: AFTER THE PROCEDURE

- ❖ **Rest**...for at least the remainder of the day. Many will feel the benefits of the procedure immediately and take that as a cue to return to the activities that pain has prevented them from partaking in - this is not recommended. Try to avoid regular activities until the following day.
- ❖ In the event of emergency, call 911 or procedure to your nearest Emergency Department.
- ❖ While the effects of the anesthetics used during your procedure typically wear off in just a few hours, they remain in your body for up to 24 hours. Some may feel drowsiness, dizziness or even nausea. These are unlikely, but are considered normal during the this time period.
- ❖ Refrain from the following activities for 24 hours following your procedure:
 - Do not take a bath, swim, or sit in a hot tub/jacuzzi. Showers are acceptable.
 - Do not drive, operate heavy machinery, or use power tools
 - Do not drink alcoholic beverages
 - Do not exercise
 - Do not make important/legal decisions as your judgement may be impaired
 - If the procedure involved your low back - do your best to avoid bending forward/backward and lifting anything heavy.
- ❖ Immediately following the procedure, some may describe a “shaky” feeling in their legs or even a slight weakness. If this occurs, it is typically temporary.
- ❖ As the local anesthetic wears, some describe a temporary soreness or tenderness at the site of the injection. If this does occur, it is usually minimal. If the pain is too bothersome, anti-inflammatory medications like Ibuprofen or Tylenol can be taken as directed when needed. Also, cold compresses used for periods of no more than 15 minutes at a time every hour, as needed are helpful.
- ❖ Some describe an temporary increase in their pain after the procedure. This is not abnormal. When this does occur, most patients describe this as self-limiting and tends to last for 3 days or less. If this persists for longer, call our office.
- ❖ If you experience fever, chills, severe leg weakness, or worsening back pain several days after the procedure, you should call our office immediately or go directly to the Emergency Department.
- ❖ If you are diabetic, you may experience an increase in your blood glucose levels. This typically lasts for 2-3 days, and in rare cases has lasted for up to 2 weeks. You may need to check your sugars more frequently during this time until the levels return to normal. You should consult you primary care physician to discuss possible adjustments in your medications or insulin.
- ❖ If you have a history of high blood pressure, you may experience a temporary increase in your pressures. This typically lasts for 2-3 days, and also in rare cases can last for up to 2 weeks. Discuss with your primary care doctor for any adjustments in your medication regimen that might be needed.