



## **Post Procedure Instructions**

### **Post-procedure pain:**

After epidural injection, you can take Tylenol (acetaminophen) 2 regular strength or one extra strength every 6 hours.

After facet/ Radiofrequency/ joint injections or other procedures, you can take Tylenol as above, or Advil (Ibuprofen) 3 tabs (600 mg) every 8 hours, Aleve (naproxen) 2 tabs (440 mg) every 12 hours for pain.

Please call the office if the pain is still not controlled.

### **Injection site:**

Band-aid can be removed at the end of the day, and ice packs can be used for soreness. You can shower after 24 hours, avoid pool and tub for 48 hours.

### **Activities:**

There are no limitations, and you can resume normal activities right after the procedure. After facet blocks, try to be more active to see if the injection helps you.

### **Diet:**

No restrictions.

### **Medications:**

continue with all your current medication; for blood thinners, please contact the office

Diabetes/ hypertension:

Steroids might elevate your blood sugar for one week; it also might increase your blood pressure. Please monitor your blood sugar and blood pressure regularly and notify the office well as your primary care if abnormal.

### **What to expect after the procedure:**

Flushing/ redness of face because of steroid you can take Benadryl, usually lasts for two days

Anxiety and difficulty sleeping because of steroid usually last for two days

Burning pain after radiofrequency because of nerve sensitization can last 4 weeks.

Bruising at the injection site- apply ice.

### **Call the office for the following or go to the emergency room:**

Painful swelling, Hives, shortness of breath

The weakness of arms or legs, difficulty walking, talking.

Temperature over 100 degrees, discharge from the injection site.

Severe pain.