



## **Post Procedure Instructions**

### **WHAT TO EXPECT:**

- You may experience temporary numbness or weakness in one/both of your arms or legs.
- You may also experience increased pain for 1-7 days. Please allow up to 7 – 10 days for a significant effect from the injection and 2 weeks for full effect to take place.

### **DIET:**

- You have no dietary restrictions; however you may want to begin with a liquid or soft diet today.

### **SAFETY:**

- **DO NOT** drive today. You may drive tomorrow as long as any numbness or weakness has resolved.
- **DO NOT** sign any legal paperwork today.
- **DO NOT** drink any alcoholic beverages tonight.

### **MEDICATIONS:**

- Resume your normal medications today, **except** for the following:
- You may resume your Coumadin tonight.
- You may resume Plavix and/or NSAIDS (Ibuprofen, Aleve, Motrin, Naproxen, Celebrex, Toradol) tomorrow.
- **Patients with diabetes:** Your blood sugar levels may go up temporarily for a few days. Please monitor your blood sugar level more closely. You may need to contact your primary physician to discuss dosage alterations for your diabetic medications during this period.

### **WOUND CARE:**

- Band Aid must remain dry today. No swimming, Jacuzzi, whirlpool or bathing for 24 hours. You may remove your Band Aid tomorrow.
- You may **NOT** shower during your Spinal Cord Stimulator trial (for patient of SCS only)
- Take time to ice the injection site as needed today. Protect your skin with a cloth to prevent infection.

### **CALL THE OFFICE IMMEDIATELY AT (609) 838-2900 OR THE AFTER HOURS NUMBER (719) 358-4606, IF YOU EXPERIENCE:**

- Redness, swelling or drainage at the injection site.
- A fever above 101 degrees.
- Numbness of an arm or leg that does not resolve within 12 hours.
- Weakness of an arm or leg that does not resolve within 12 hours, (not because of pain with movement).

Please call the office today or tomorrow to schedule your next appointment in \_\_\_\_\_ Weeks.

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Patient Signature

Date

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Nurse Signature

Date

