



Carlsbad, CA

PROCEDURE INSTRUCTIONS

Tel: (760) 753-7127

www.CoastalPainGroup.com

1. After the injection you will be transferred to waiting room and you should wait there an additional 15-30 minutes post-procedure. Please report any adverse effects before leaving the premises. Unless otherwise scheduled you should follow-up 2-4 weeks post-procedure. Rest for the remainder of the day after the injection unless instructed otherwise.
2. After the procedure, your pain may become worse before it gets better or the pain may remain the same.
3. It is OK to return to “normal” activities the next day. The affected area should be rested from strenuous activity for several days after the injection.
4. To minimize pain and inflammation after leaving the office, you can apply ice or heat 3 or 4 times per day for 15-20 minutes. Light massage is also acceptable.
5. Unless contraindicated Non-Steroidal Anti-Inflammatory (i.e. Ibuprofen) agents may be used the day after the injection for 1-3 days.
6. Some pain near the injection is to be expected. Call the clinic or go to ER if you have any concerns or if any of the following occur: (a) severe increase in pain, (b) discharge from the injection site, other than a small amount of blood, (c) persistent pain at injection site, (d) increasing redness, swelling or warmth at the injection site, (e) inability to void (urinate or bowel movement), (f) new onset of numbness or weakness, and/or (g) fevers, chills or night sweats.
7. Do not operate a vehicle or machinery until the day after the injection. This may vary from patient to patient.
8. Please use care in standing or moving about after the injection. Leg numbness and/or weakness may occur following the injection.
9. Do not submerge in water for 24hrs following the injection, you may shower the next day.
10. Return to your usual diet unless you have been advised against it.
11. You may resume your medications unless you have been advised against it.
12. **DIABETIC PATIENTS:** If you were given a steroid with your injection you will need to monitor your blood sugar for a few days and call your primary care doctor for guidance on managing your blood sugar if needed.