

AFTER THE PROCEDURE

You are encouraged to maintain your normal activity. Stay within your comfort zone.

Remember to maintain proper body mechanics at all times. When you feel better after the procedure, do not suddenly do more than your normal activities as this could make your pain return. If you had a Cervical Epidural procedure, do not lift more than 10 pounds at a time for the first 24 hours after the procedure. If you have had a Diagnostic Block, be sure to follow the pain log instructions for at least 24 hours after the procedure.

Diet: Maintain your normal diet as tolerated before and after the procedure. Increase your fluid intake the first 24 hours after the procedure.

Sedation: You may experience affects of the sedation for up to 24 hours after the administration. Therefore, in order to prevent harm to yourself or others, please do not drive during this 24-hour time frame.

Pain: There may be an increase in your pain for the first 24-72 hours after the procedure. Rest and treat your injection site with ice for 20 minutes at a time as needed. If you should have muscle spasms, treat the site with heat packs for 20 minutes at a time as needed. Take your pain medication as prescribed.

****Remember to use heat or Ice treatments for only 20 minutes at a time as they may cause skin irritation.**

****If you experience headaches, lie down as flat as possible and drink lots of fluids, especially caffeinated fluids if appropriate.**

If any of the following occur, call Georgia Pain and Spine Care 770-252-7557 or go to the nearest Emergency Room:

- Swelling, redness, or drainage from the injection site and/or persistent pain
- Elevated temperature over 101 degrees
- Intolerable headache
- Increase in Numbness/Weakness or tingling in legs or arms
- Inability to control bladder or bowels (incontinence)