

## **POST-PROCEDURE INSTRUCTIONS / COMMON QUESTIONS**

### **THINGS TO EXPECT:**

Common things that you may experience after the procedure include but are not limited to:

- A feeling of warmth
- Flushed face
- Dizziness
- Headache
- Numbness
- Problems with sleep for a couple of nights
- Increased inflammation or pain on days 2-7 after the procedure

All of these symptoms, if they do occur, will resolve over a short period of time. The initial feeling of pain relief and numbness is from a medication called lidocaine which does not last more than a day or so. After this time period, you may experience some increased pain before the steroid medication actually works. This can take up to 2-3 weeks in some patients.

**CALL THE OFFICE AT 631-665-8970 IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:**

- Severe weakness of arms or legs
- Severe constant headache that is continuous
- Fever greater than 100.3 F

### **THINGS YOU SHOULD DO:**

- Return to all previous medications including pain medications as needed
- You may return to physical therapy the next day but your therapist should be advised of the procedure you have had and to know to start with light exercise and range of motion over the next few sessions avoiding heavy weights, strenuous exercise
- You may return to your work and normal activities, however, you should avoid any heavy lifting, bending or strenuous activity especially the first few days post-procedure
- Please if possible, fill in the attached pain diary so that we may gauge your response to the procedure when you return to the office in 3 weeks. If you do not have a follow-up in 3 weeks, please call **631-665-8790** to schedule.