

MILD-Post Procedure Instructions

- Once you are discharged you may walk short distances as tolerated. However, you did receive IV sedation medication during the procedure. This may cause you to be unsteady when moving around, so please be careful as this may increase your risk of falling.
- No driving for 24 hours
- You may have some soreness afterwards. Walking may help with this.
- You may apply ice to the injection site, 15 minutes on and 15 minutes off as needed.
- Avoid heat to the area for at least 2 days.

Incision Care

- You may shower 2 days after the procedure-no tub baths.
- Remove the outer dressing 2 days after the procedure.
- Steri-strips will cover the incision area. If they have not fallen off after 14 days you may remove these.
- You may reinforce the bandage if it becomes saturated. It is common for excess fluid to drain from the procedure site. It is typically a dark reddish-brown liquid. If it is bright red fluid, yellowish, or greenish then you should contact your physician.
- Do not apply lotion, medication, or cream to the incision site.

Activity

- Avoid strenuous exercise and heavy lifting.
- Daily walking is strongly recommended. Gradually increase the distance of your walks.
- Try to avoid long car rides for a few weeks.
- Do not drive while taking prescribed pain medications.

Follow up appointments should be in approximately 1-4 weeks. If you do not already have this scheduled, then you will need to contact the office from which you were scheduled to make this appointment.

Call your referring physician immediately, or go to the nearest Emergency Department if you experience any of the following:

- Constant bleeding from the incision will not stop after applying direct pressure for 10 minutes.
- Swelling, redness, or a change in drainage at the incision site.
- A change in mental status.
- Difficulty standing, walking, or weakness.
- A temperature that is greater than 101 degrees.
- New changes with bladder and bowel habits.