

After Your Pain Management Procedure:

It is typical to have discomfort for several days after the procedure. During this time, you should try to decrease the activities that cause pain. We recommend applying ice to the injection site(s), instead of heat, for the next few days. When using ice, put something between your skin and the ice. Do not leave ice on for longer than 15 minutes at a time.

Diabetics should monitor your blood sugar closely. If a steroid was given, this will typically increase blood glucose levels for approximately 2-3 days. If the glucose level is extremely high, consult your primary physician, or proceed to the nearest Emergency Room.

Do not operate a vehicle on the day of your procedure.

You should report any of the following symptoms by contacting your referring physician:

- Headache lasting longer than 24 hours
- New-Severe pain, numbness, or weakness
- New-Difficulty emptying your bladder or problem with bladder/bowel incontinence
- Fever greater than 101
- Any redness, swelling or drainage at the injection site