

AFTER THE PROCEDURE

ACTIVITIES:

- You are encouraged to resume your normal activity on the day after your procedure. 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 document the results for at least 24 hours after the procedure.

DIET:

- Resume your normal diet as tolerated after the procedure. Increase your fluid intake the first 24 hours after the procedure.

SEDATION:

- You may experience effects 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.

MEDICATIONS:

- You should resume all of your medications following the procedure. **Blood thinners should be restarted on the evening after the procedure.**

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.

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

If any of the following occur, call Jackson Pain Center, 601-355-7246, 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).