

# **Norwood Comprehensive Pain Management**

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## **POST PROCEDURE INSTRUCTIONS**

Generally, there are no side effects from the medications used during our procedures. Occasionally, a patient may experience some discomfort at the injection site due to needle insertion. When this happens it is usually not noticeable until an hour or two after the procedure when the local anesthetic has worn off. Icing the injection site 4 times a day may help ease this discomfort. Most often any soreness or irritability will subside within 24 hours. You may continue on your prescribed pain medication after the injection to relieve any increased pain.

If you have been instructed to stop anticoagulant therapy (blood thinners, aspirin) or anti-inflammatory medication in preparation for your injection, they may be resumed the following day.

You will be asked to remain in our waiting room for a brief period of time after your procedure to assure that you are feeling well. You may resume your normal activities after leaving our office as long as you feel up to it. Please remember not to bathe or swim for at least 12 hours after your procedure.

If you develop increased pain, numbness, weakness, or fever over 101 degrees Fahrenheit please call Norwood Comprehensive Pain Management or if you cannot reach the office please dial 911.

On rare occasions patients may experience a spinal headache after an epidural steroid injection. Lying down flat usually helps. Also drinking caffeinated fluids to maintain hydration will help. Spinal headaches will normally resolve themselves on their own. If you are still experiencing a headache the following morning please notify your physician.