

Norwood Comprehensive Pain Management

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Before Your Procedure

1. We ask that you have a responsible adult accompany you on the day of the procedure to drive you home. If you cannot arrange this please discuss this in advance with the doctor.
2. Generally speaking, you should take your normal medication as directed the day of the procedure. However, if you are currently taking a medication that will need to be stopped prior to the procedure (attached is a list of these medications), please discuss this with the doctor in advance.
3. Wear comfortable clothing and low heeled shoes.
4. Leave jewelry and valuables at home.

During Your Procedure

Your procedure will be performed in our procedure room. Depending on the type of procedure you may be positioned on your back, stomach, or side. Generally, the doctor will use a strong local anesthetic to numb the area at the start of the procedure for your comfort. You can expect to be in the procedure room anywhere from 15 to 45 minutes depending on the type of procedure.

After Your Procedure

1. Pain relief may not be immediate. Some medications require additional time to affect pain. (1-2 days is not uncommon).
2. Following the procedure you will be escorted to the recovery room where your vital signs will be monitored.
3. You will be allowed to drink coffee or juice.
4. Minimal drainage at the injection site is expected.
5. You may experience increased pain and soreness at the injection site for up to 48 hours following the procedure. If you experience prolonged pain, swelling, redness, or an elevated temperature, please call Norwood Comprehensive Pain Management.
6. Following your procedure you will receive a return appointment with your physician.
7. You may shower or bathe after 12 hours.