

Pain Management Post-Procedure Instructions

- Limit activities (nothing overly strenuous) the day of the procedure. Resume normal activities the following day.
- You may resume work, unless told otherwise by your physician.
- You may resume a regular diet.
- You may resume your normal medications, unless told otherwise by your physician.
- It may be several days before you start to see improvement. Sometimes patients can have increased pain for the first few days after a procedure, before it gets better. This is not uncommon (Epidurals can take 2-4 days to work, Radiofrequency can take 2-3 weeks to work).
- Pain relief can last several hours (after facet or medial branch blocks), several days to months (after epidurals) or several months to years (after radiofrequency).
- If you were taking blood thinning medication, please discuss with your doctor when you should stop before, and when to resume after, a procedure.
- Do NOT submerge the procedure site in water for the remainder of the day (no swimming, hot tubs, or bath tubs for 24 hours). You may take a shower.
- For mild to moderate pain or tenderness at the injection site, you may take Tylenol or prescribed medication. You may also use a cold pack/ice at the injection site for 15 minutes, 2-3 times per day for 3 days. No heat should be used at injection site for 24 hours.
- Soreness, stiffness, mild bruising and muscle cramping, can occur at or around the injection site. This is not uncommon and should resolve over time.
- If you had **IV sedation**, you cannot drive or drink alcohol for 24 hours. Do not sign important documents or operate heavy machinery for 24 hours.

Post Steroid Common Side Effects:

- Flushing or feeling warm, increased appetite, water retention, hot flashes, insomnia, euphoria
- Elevated blood sugars

Warning Signs: (you should call ASAP or report to an Urgent Care or Emergency Room)

- Signs of infection at the injection site such as redness, drainage, swelling, pain, fever/chills lasting 2-3 days
- Severe headache
- Increased numbness, weakness, tingling in your arms or legs
- Any bowel or bladder incontinence

**** Please call Bella 1 week after your injection to update us on your symptoms and let us know how you're feeling: (406) 829-5584 ****



Lindsey Beck, DO

Thank you for entrusting your care to Missoula Bone & Joint. Please call with any issues or questions.

Questions:

Call Dr. Beck's assistant, Bella at: (406) 829-5584

To schedule an appointment or need after hours Physician assistance: (406) 721-4436

Fax: (406) 721-6053

For patient education:

www.missoulaboneandjoint.com/specialties/pain-management/