

POST-PROCEDURE INFORMATION

1. On the day of the procedure, you should rest for the remainder of the day. You may resume your activities the following day.
2. The anesthetics used during the procedure usually wear off in a few hours but may remain in your body for up to 24 hours. Side effects such as drowsiness, dizziness, and nausea are unlikely but normal during this period.
3. For 24 hours after your procedure:
 - Do not take a bath, swim, or sit in a hot tub. Showers are okay.
 - Do not drive, operate heavy machinery or use power tools
 - Do not drink alcoholic beverages
 - Do not make important or legal decisions, as your judgment may be impaired
4. Immediately following the procedure, it is possible that your legs may feel shaky or weak. These sensations are temporary.
5. Tenderness at the site of the injection is possible but usually minimal. If the pain is too bothersome, take anti-inflammatory medications prescribed by the doctor or Ibuprofen 400mg can be taken every four hours as needed. Cold compresses may also be used for 15 minute intervals every hour as needed for the first day. If you have muscle spasm on the second day apply warm heat to the back or neck.
6. If you experience a fever, chills, severe leg weakness, or worsening back pain several days after the procedure you should call the office immediately or be evaluated in the Emergency Department.
7. If you are a diabetic you may experience an increase in your glucose levels. You should consult your primary doctor for adjustments to your medications/insulin.
8. If you take pain medications (such as Percocet or Vicodin) or muscle relaxants (Flexeril, Zanaflex, etc) you can take them after the procedure as normal or if your pain is relieved you do not need to take them. If you take long acting narcotics (oxycontin, methadone, etc) those should be continued unless otherwise instructed by your doctor.