



Post-Procedure Instructions (local only/no sedation)

- 1. You must have a ride to leave the surgical center.**
- 2. Rest at home the first evening after your treatment/injection(s). The local anesthetic medication used may cause weakness in the area injected. It can, but is unlikely to, affect the feeling and the strength in your arms or legs. Support and protect weakened areas until the effects of the block are gone-- usually 2- 6 hours.**
- 3. Avoid hot water or heat application until numbness is gone, as use of heat in the presence of numbness may result in burns. You may apply ice during the first 24 hours.**
- 4. You may resume your usual activity level gradually and as tolerated the day following your procedure.**
- 5. You may remove the Band-Aid(s) at your injection site(s) the day following your procedure or when it becomes wet or soiled. No swimming or baths (submerging in water) for 48 hours after your injection.**
- 6. You may resume your regular diet. If you are a diabetic, cortisone/steroids may increase your blood sugar over the 3-4 days following the procedure. Please monitor your glucose 2-3 times per day and call your Diabetic Doctor for advice if the readings are high (Over 200 mg/dl).**
- 7. You may experience local pain in the area of the injection and possibly an exaggeration of the pain being treated. This is not unusual and should decrease in 1-2 days. You may take prescribed medications as directed by your doctor or this office. If you received a steroid medication with your injection, it should start to take effect in 2-5 days. Notify this office of any unusual problems or concerns (fever, severe pain, prolonged numbness or swelling at the injection site, muscle weakness or loss of bowel/bladder control.) If you cannot reach us for any reason, seek care at your nearest Emergency Department.**
- 8. For all concerns, please call (860) 661-5960**
- 9. If there is any medical emergency, please call 911**

Patient Signature: _____ **Date:** _____