



What should I do after my procedure?

You were given a number of medications during the procedure. These sometimes include sedatives, narcotics, local anesthetics, steroids, and other medications. Any of these drugs or procedure itself, sometimes can cause side effects, including drowsiness, temporary numbness, weakness and soreness.

What To Do After the Procedure?

Rest for a few hours and use assistance if needed.
Resume activity as tolerated, but do not overdo.
Resume regular diet.

Restrictions:

Do not drive or operate machinery for at least 12 hours.
Do not make important decisions for 12-24 hours after treatment.
Walk with assistance as long as numbness, weakness, or drowsiness is present.

Notify if You Have:

Excessive or abnormal bleeding / persistent chills or fever over 100°F.
If there is a major change in pain pattern or level.

Emergency:

In case of emergency, call **408 295-8628**.
If unable to reach physician report to the nearest emergency room and request them to inform physician at Pain Care of Silicon Valley.

Please Note:

Take your usual medication.
Apply ice massage as instructed; may use heat if ice is intolerable.
If IV site becomes painful, place warm towels on the site for 20 minutes 2-3 times / day.