



POST INJECTION INSTRUCTIONS

1. You may have an effect to the numbing medication after the injection, if this is the case, we ask you not to leave the facility and wait in the lobby or your car until the numbness has worn off.
2. Avoid submerging in a bath or swimming for 24 hours. You may take a shower. Avoid any heavy lifting, pushing, pulling or any other type of exertional activity for 24 hours. You may return to normal activities on the second day. Continue to stay hydrated throughout the day of your injection.
3. Your pain may decrease for several hours after the injection. You may later notice a slight increase in your pain later today lasting for several days as the numbing medicine wears off. It is natural to experience post injection pain for the first couple of days following your injection. You may use ice for 10 minutes each hour. Most patients notice an improvement in their pain after 2-3 days.
4. If you experience any of the following, please contact us immediately:
 - Severe unrelenting headache
 - Redness, swelling, or bleeding at the injection site
 - Fever, chills, or other signs of infection
 - Severe, excruciating pain with standing, walking, or sitting
 - Difficulty voiding or sexual dysfunction
 - Persistent numbness greater than 24 hours following your injection
 - Pain that lasts greater than seven (7) days

Main Office Phone Number: (757 496-2050)

FOLLOW UP APPOINTMENT

DATE ____/____/____ TIME ____:____

PROVIDER:_____