

Spine and Pain Centers

Of New Jersey and New York
732-345-1180

Home Care After Your Procedure

INSERTION SITE CARE:

- ✓ You may use ICE packs, if needed, for the 1st 24 hours.
- ✓ You may use ICE or HEAT after the 1st 24 hrs. Whichever feels better.

ACTIVITY

- ✓ If you received sedation do not drive a vehicle, drink alcohol, operate machinery or make any important decisions for 24 hrs. if you did not receive sedation take it easy for the 1st 24 hours after your procedure
- ✓ You may take a shower.
- ✓ Avoid tub baths, whirlpools and swimming pools for the next 24 hours.

DIET

- ✓ Drink plenty of fluids.

WHAT TO EXPECT AFTER THE PROCEDURE

- ✓ You may experience increased pain for 24 hours to 5 days after the injections, or a stiff, full, tight feeling. This is normal. Use ice and/or heat as needed- as described above.
- ✓ You may have bruising at the injection site. If so, apply ice. You may use ice or heat after the 1st 24 hours
- ✓ Your pain may take several days to go away. This is because the steroid medication you received can take up to 72 hrs. to become effective. Maximum steroid effect will usually be seen in 7 to 10 days.
- ✓ When your back/legs feel better do not be tempted to over do your activity until you are seen by the doctor.
- ✓ You may resume any activities you NORMALLY do

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

1. Any skin rashes, hives, shortness of breath, or wheezing.
2. An increase in your level of pain unrelieved by regular means.
3. Persistent nausea or vomiting.
4. Persistent headache which worsens
5. Chills/fever (temperature greater than 100 F).

Spine and Pain Center's central operator can be reached at **732-345-1180**.
Make sure you call for a follow-up appointment within a few days of your procedure.

Dr. Sharma

Dr. Bram

Dr. Daknis

Registered Nurse/Registered Technologist _____