



PLEASE FOLLOW ALL CHECKED INSTRUCTIONS

- Epidural Steroid Injection
- Radio-Frequency Ablation
- Selective Nerve Root Block-Lumbar
- Facet Block
- Sacral Iliac Joint Injection
- Lumbar Sympathetic Block
- Hip Injection
- Ganglion Block

**Activity:**

The day of your procedure you should rest and/or participate in light activity only. The numbing medicine used may make your legs temporarily weak or numb, so you should limit your physical activity the day of your procedure. Do not drive or operate machinery the day of your procedure. You may resume regular activity the day after your procedure. Do not shower until tomorrow.

**Facet Block Only- Please call the office in 4 hours and report your pain level.**

**Preventing Falls:**

Your risk of falling may be increased after an interventional procedure. You are also more at risk if you need assistance walking (use a cane or walker), or take medications which may alter your balance. Please use caution when walking and moving about the day of your procedure. Please follow these tips to prevent falling:

- Sit down if you feel weak, dizzy, or light headed and call for help.
- When walking into hallways, bedrooms and bathrooms make sure you have a light on.
- Keep room, stairways and hallways uncluttered.
- Use rubber mat in the bath tub.
- Watch for and avoid wet, greasy, or icy spots.

**Diet/Medications:**

You may resume your normal diet and take your regular medications after you are discharged. Do not remove bandage for 24 hours.

**Pain after your procedure:**

You may experience some bruising or tenderness at the injection site(s) and/or your pain may be worsened for a day or two after the procedure. Applying ICE intermittently may help with the soreness, you may take Tylenol or Advil as directed for pain.

**Instructions after Intravenous Sedation:**

If you received sedation during your procedure:

- Do Not Drive or operate heavy machinery for 24 hours.
- You should not consume any alcoholic beverages for 24 hours
- Do not take any new medications not prescribed by your doctor for 24 hours.
- Do not make any important decisions for 24 hours.
- Avoid smoking for 24 hours.

**Contact your physician if you notice:**

Bleeding or other drainage from the puncture site Headache/New persistent pain  
Unusual redness or swelling around the site  
Fever above 100° F

If you experience any of the above symptoms please call the office at 443-825-4050. If you have any questions or concerns about your care after your procedure, please call our office during normal business hours (Monday-Friday 9:00-4:30) If after hours or an emergency please go to the nearest Emergency Department or call 911.

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