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Post Procedural Care – Clinic

The following are brief instructions regarding what to expect, and what you can and cannot do following your procedure:

Procedure Site: The area may be tender and/or bruised. You may remove the bandage and shower today.

Ice: Apply ice to the area (20 minutes on, 20 minutes off) as needed for up to 48 hours.

Driving: You may drive after your procedure, unless you are experiencing pain and/or weakness that could result in difficulty operating your vehicle safely. If you have any reservations as to your ability to drive safely, then do not attempt to drive.

Diet: You will have no diet restrictions following your procedure.

Notify your physician if you experience any of the following: fever, chills, redness and/or excessive pain at the needle site.

Diabetics: You may experience an elevation in your blood glucose levels, if steroid was used for your procedure. Discuss this possibility with the physician treating your diabetes, and get instructions on how you are to manage this after your procedure. Based on your blood glucose levels, we will use the lowest effective steroid dose.

Fluid Retention: If steroids were used for your procedure, then you may experience fluid retention that could last as long as 1-2 weeks following your procedure.

Medications: Continue taking your regular medications.

The above information has been explained, and I fully understand.

Signature _____ **Date** _____