

POST-PROCEDURE INSTRUCTIONS

1. Limit activities (nothing strenuous) the day of the procedure. You may resume your normal activities the following day. No physical therapy, chiropractic or osteopathic manipulation the day of your procedure unless otherwise instructed by Dr. Shores.
2. You may resume work the day after your procedure unless otherwise instructed by your doctor.
3. You may resume your normal diet after discharge. Sometimes nausea and/or vomiting can be delayed and develop a few hours after your procedure, especially if you had sedation. Therefore, it is suggested you try a bland, light snack first, like crackers, Jello, toast, Powerade, or ginger ale to insure that you can tolerate it before eating a larger meal. Spicy and greasy foods, and acidic drinks (examples: citrus juices/tomato juice) should be avoided for 12-hours after the procedure to help prevent nausea and vomiting.
4. No Aspirin for 24-hours after the procedure.
5. If you are taking blood thinners and stopped them for this procedure, you may resume taking them. If the physician that manages your blood thinner(s) has given you specific post-procedure instructions, please following those to restart your blood thinner(s). Otherwise, please resume the blood thinners as follows: Coumadin (warafin) and Pradaxa (dabigatran), restart the night of your procedure, Plavix (clopidogrel) the next day following your procedure, Lovenox (enoxaparin), Fragmin (dalteparin), and other injectable blood thinners, should be restarted 24-hours after your procedure. Please contact the physician managing your blood thinners immediately after your procedure to insure proper dosing, usage and monitoring.
6. Keep the dressing clean dry and intact. If you had an injection, you may remove the dressing in 24-hours. If you had surgery requiring an incision, with sutures and/or staples, keep the dressing in place for 72 hours, then remove it. There may be Bacitracin ointment over your incision when you remove your bandages. Gently wipe this off and leave the incision open to the air. For surgical patients only, wear loose fitting clothing and insure that your belt or waste band does not rub over the incision as this can cause the incision to break open.
7. If you had an injection, do not submerge the injection site for 24 hours (No whirlpools, swimming, or bathes). You CAN take a shower.
8. If you had surgery and you removed your dressings as discussed in #6 above, do not submerge the incision (No bathes, no swimming, no whirlpools) until you follow up with Dr. Shores and he instructs you otherwise. You may take a light shower or sponge bath.

9. If you had an injection and are experiencing mild post procedure pain at the injection site, you may take your prescribed pain medicine, if any, or apply ice to the area for 20 minutes three times daily as needed for pain. Do not apply ice directly to the skin. Nothing hot should be applied to the injection site for 24 hours.
10. If you had surgery and are experiencing mild to moderate post procedure pain, take your prescribed pain medication. If you are having severe pain, contact the office and/or proceed to your nearest emergency room.
11. Keep your follow up appointment with our office after the procedure. If you do not have a follow up appointment, or do not recall the date and time, please call the office to confirm your next scheduled visit. Typically, most post-procedure follow up appointments are within 1-2 weeks after the injection/surgery.
12. Do not operate heavy equipment, drink alcohol, make any major financial, business, or personal decisions for the next 24-hours.

EXPECTED RECOVERY:

1. Soreness, stiffness, mild bruising and muscle cramping at the injection/surgical site following a procedure are not uncommon. These effects are typically transient and should resolve with time.
2. Depending on the type of procedure you had, it may be several days to weeks before you see improvement.
3. Some injections are only used to help establish a diagnosis and are not intended to provide long lasting relief. This does not necessarily mean your procedure did not work. Additional procedures may be required to maximize your pain control.
4. If you experience pain relief following a procedure, it may last from a few hours to several months or longer. The exact duration of pain relief is often difficult to predict and varies from person to person.

WARNING SIGNS:

If you experience any of the following signs or symptoms after your procedure, please contact the office at **(850) 763-8000**, Monday through Friday, between the hours of 9:00 a.m. and 5:00 p.m. If you are unable to contact us, please go to your nearest emergency room.

1. Signs of infection at the procedure site: redness, drainage, swelling, fever/chills, and pain at the injection site lasting more than three days. Please note that it is not uncommon for surgical sites to be painful longer.
2. New onset severe headache that is worse with standing upright and relieved with lying down that was not present prior to the procedure.
3. Increased light or sound sensitivity, stiff neck, confusion
4. Increased numbness and tingling in your arms or legs
5. Any new bowel or bladder incontinence.
6. New onset or progressive weakness since the procedure.

Thank you for choosing *Spine & Neuro Pain Specialists*