

## POST PROCEDURE DISCHARGE INSTRUCTIONS

1. You may or may not experience pain relief depending on whether local anesthetics were used or whether your procedure was diagnostic. If you do experience pain relief, it is important to understand that this relief may only be temporary, and last only a short time; possibly only for 2 hours or less. A moderate increase in pain is possible and may last for 2-3 days. If you received a steroid with your injection, it will take 2-6 days to begin working and will take up to 7-10 days to reach maximum benefit. At that time, IF your pain problem is caused by swelling, irritation or inflammation of the tissue or nerves in the area where you have your injection, you could expect some decrease in your pain intensity at that time. You may take your regularly prescribed pain medication as directed. If you experience tenderness at the injection site, you may find applying ice is helpful. It is recommended that heat not be used for 2 weeks (i.e., heating pads, Jacuzzi, etc...)
2. Following an injection you may experience unusual sensations. These should not alarm you. You may experience new tingling sensations or your arm or leg may feel warmer or cooler. If you received a Stellate Ganglion Nerve Block, it is normal to experience a droopy eyelid, watery eye, blurred vision, hoarse voice or difficulty swallowing. These are temporary and should resolve in a matter of hours.
3. If you received Intravenous Sedation, you may feel drowsy or light headed. **DO NOT DRIVE, OPERATE POWER EQUIPMENT, AND/OR DRINK ALCOHOL. DO NOT MAKE ANY COMPLEX DECISIONS OR EXECUTE ANY LEGAL DOCUMENTS OVERNIGHT.**
4. In CASE OF EMERGENCY, dial 911 or proceed to the nearest urgent care or emergency room.