



After Your Diagnostic Nerve Block

Follow-up care

Your doctor today was:

This handout explains follow-up care after a diagnostic nerve block.

This is a test to find out if a certain nerve is causing your pain.

You will need to keep a diary of your pain symptoms after your procedure.

Today, you had a *diagnostic* procedure to help us find the **source** of your pain. This procedure may also **treat** your pain.

When you go home:

- Keep taking your regular medicines.
- If you have pain that gets worse, take your regular short-acting pain medicines.

Medicines

If you stopped taking any blood-thinning medicine such as warfarin (Coumadin), clopidogrel (Plavix), or enoxaparin (Lovenox), you may start taking it again the day after your procedure, unless your doctor who prescribed it tells you otherwise.

Site Care

- You may remove the bandage from your injection site after a few hours.
- You may shower after your procedure.
- For 24 hours after your procedure, do **not** swim or soak in a bathtub or a hot tub.

Activity

- Try to do activities that would usually bring on the pain.
- Do **not** lie down and rest after the procedure.
- If you received sedation, do **not** drive or use machinery for 24 hours after your procedure.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Weekdays from 8 a.m. to 5 p.m.:

Call the Center for Pain Relief at 206-598-4282.

After hours and on weekends and holidays:

Call 206-598-6190 and ask for the Pain Fellow on call to be paged.

Follow-up

You will be given the *Patient Self-Reported 6-Hour Pain Diary*. You will use this to write down your pain levels for 6 hours right after your procedure.

- If your pain returns during this time, write this in your pain diary.
- If your pain relief continues for more than the first 6 hours after your procedure, write a note in the diary every 4 or 5 hours until the pain returns. You do not need to stay awake if this happens.

You **must** call the clinic as instructed on the pain diary to report your results. **Your follow-up appointment will not be scheduled until you have made this call.**

When to Call the Center for Pain Relief

Call us at 206-598-4282 if you have any of these symptoms in the next 7 days:

- Fever above 100°F (37.8°C).
- Any unusual increase in your level of pain.
- Any signs of infection at the site of the procedure or the IV insertion site:
 - Swelling
 - Bleeding
 - Redness
 - Increased tenderness

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