



After Your Procedure for Pain Relief

Self-care and what to expect

The procedure you had today was:

Your doctor was:

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

After your procedure you might have:

- Numbness and/or weakness in the part of your body the injected nerve affects. These symptoms should go away, but they may last up to several hours.
- A slow improvement of your pain over 2 to 5 days.
- Some soreness and bruising at the injection site(s).

Activity

- Do **not** drive or use machinery for the first 24 hours after your procedure.
- You may resume your other usual exercises and activities as tolerated.
- If you have any weakness or numbness from the injection, limit your activity until your body feels normal.

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 6 hours.
- For the first 48 hours after your procedure, hold an ice pack on the injection site for 15 to 20 minutes every hour for comfort as needed. Wrap a light towel or cloth around the ice pack to protect your skin.

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.

- After 48 hours, hold a warm heating pad on the injection site for 15 to 20 minutes every hour for comfort as needed. Wrap a light towel or cloth around the heating pad to protect your skin.
- You may shower after your procedure.
- For 24 hours after your procedure, do **not** swim or soak in a bathtub or hot tub.

If you have diabetes and you received steroids today:

- Check your blood glucose more often than usual, because steroids can cause your blood sugar to rise. Continue to check your blood glucose often for the next 10 to 14 days. Call your diabetes health care provider if your blood glucose is high.

When to Call Us

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

If you had an epidural steroid injection, call us if you have a headache that is not eased by acetaminophen (Tylenol).

Follow-up

You may be given the *Patient Self-Reported Pain Diary*. You will use this to write down your pain levels after your procedure.

You **must** call 206-598-2442 as instructed in the pain diary to report your results. **Your follow-up appointment will not be scheduled until you have made this call.**

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