

Pain Injection Aftercare

- Get plenty of rest the day of your procedure. It is *not recommended* that you resume regular activities the *same day* after you have undergone pain injections.

You may resume regular activities the day *after* your pain injections.

- Anesthetics used during your procedure usually wear off after a few hours. However, anesthetics may remain in your body for up to 24 hours. Side effects such as drowsiness, dizziness, and nausea are unlikely but normal during this period.
- Refrain from the following for 24 hours after your procedure:
 - Do not take a bath, swim, or sit in a hot tub. Showers are okay.
 - Do not drive, operate heavy machinery, or use power tools.
 - Do not drink alcoholic beverages.
 - Do not make important or legal decisions, as your judgment may be impaired.
- After the procedure, some patients experience leg shakiness or weakness. These sensations are temporary.
- Tenderness at the site of the injection is possible, but usually minimal. If injection site pain is too bothersome, take an anti-inflammatory medication prescribed by the doctor or Ibuprofen 400 mg every 4 hours as needed. Cold compresses may also be used at 15 minute intervals every hour as needed.
- Some patients, who undergo pain injections, also take pain medications (such as Percocet® or Vicodin®) and/or muscle relaxants (such as Flexeril®, Zanaflex®). Only take these medications if you continue to experience pain after the procedure. If you take long acting narcotics those should be continued unless otherwise instructed by your doctor.

If you experience unusual symptoms or symptoms that persist, please contact Spine and Pain Consultants at (718) 667-3577 or (212) 724-7246.

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