

**ADVANCED PAIN CENTER, PA**  
***Post-Procedure Instructions***

Following your procedure today, please review the instructions below:

1. The day of the procedure keep your activity level low, relax, no strenuous activity.
2. No physical therapy for 2 days.
3. You may resume work unless told otherwise by the physician.
4. Remove band aid from injection site when bleeding stops. (Leave no longer than 12 hours.)
5. Please use cold compress on the day of the procedure and warm compress the following day (only 15 minutes every hour as tolerated) if necessary.
6. Common side effects from procedures include:
  - Flushing or feeling of warmth
  - Increased water retention
  - Leg cramps
  - Increase in appetite
  - Increased menses
  - Increase in blood glucose levels. Note: If you are diabetic, you should monitor your blood sugar levels closelyThese side effects are to be expected and should not be cause for concern.
7. **If you experience any of the following symptoms within 48 hours after today's procedure, please call the office at (432) 333-5200 or 1-888-724-6001 (after hours) or go to the nearest ER**
  - **Redness, swelling, and/or drainage at the injection site**
  - **Fever and/or chills**
  - **Severe headache**
  - **An increase in weakness, back/neck pain, numbness and tingling in arms or legs or incontinence of bowel or bladder**
  - **If you had a thoracic (Upper or midback) procedure and have shortness of breath call numbers above or go to the ER right away**
8. If you have any questions or concerns call the office at (432) 333-5200