



ELPIS PAIN MANAGEMENT CENTER
4122 KEATON CROSSING BLVD.
STE 102
O'FALLON, MISSOURI 63368
PH: 636-329-9077
FAX: 636-329-9076

POST PROCEDURE DISCHARGE INSTRUCTIONS

1. Occasionally you may notice slight increase in your pain after the procedure. This should start to improve within the next twenty-four to forty-eight hours.
2. Remember, it may take as long as forty-eight hours before you notice a gradual improvement in your pain and / or other symptoms.
3. You may continue to take your pain medication as needed.
4. **DO NOT** stop taking any other medications previously prescribed (except blood thinners - be sure to check with your nurse regarding when and if you may restart these medicines).
5. Unless otherwise instructed, you may want to take it easy for the day of your injection, however, normal everyday activity is encouraged for the days following. However, in general, you should avoid any prolonged standing, walking or repeated bending or heavy use of your arms or legs for twenty-four to forty-eight hours.
6. If you are currently going to physical therapy, continue to do so unless your doctor instructs you not to.
7. You may not drink alcohol, drive, operate heavy machinery or power tools for at least 24 hours after your injection.
8. If you experience pain at the injection site, you may apply ice to the affected area for 20 minutes every 2 hours. No heat is to be used on the injection area for the remainder of the day. No tub bath or soaking in water (pools / Jacuzzi, etc.) for the remainder of the day. After the first day, you can perform activities as before and return to work. You may receive an appointment to have another injection or an office visit. If you have any questions at this time, don't hesitate to ask.
9. If you develop **ANY** other symptoms, such as severe pain, headache, visual changes, new numbness or weakness anywhere in your body, loss of control of your bladder or bowels, or have signs of infection (temperature greater than 99.9°, drainage, redness / heat at insertion site) - **CALL THE ELPIS PAIN MANAGEMENT CENTER IMMEDIATELY AT 636-329-9077.**
10. **AFTER HOURS, PLEASE GO TO THE URGENT CARE OR NEAREST EMERGENCY ROOM**
11. **IN CASE OF EMERGENCY CALL 911.**