

INJECTION DISCHARGE INSTRUCTIONS

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PLEASE FOLLOW THE INSTRUCTIONS CHECKED BELOW

You may have received a sedative/anesthetic during your procedure. Remember to avoid driving or strenuous activities until this wears off.

For the Next 24 hours DO NOT:

- Engage in any activity that requires alertness or coordination. This includes: driving, operating heavy machinery, using power tools, cooking, climbing, ECT.
- Drink alcohol

Please call Dr. Jagannathan if you develop the following:

- Severe abdominal pain
- Nausea/Vomiting
- Redness, swelling, or discharge from injection site.
- Fever (greater than 101.5)
- Bleeding

IF YOU HAVE TROUBLE BREATHING OR SHORTNESS OF BREATH GO TO YOUR LOCAL EMERGENCY ROOM FOR EVALUATION.

ACTIVITY INSTRUCTIONS:

- Resume physical activities gradually.
- You may resume swimming, bathing, hot tubs within 12 hours.

MEDICATION INSTRUCTIONS:

- Resume your daily prescriptions medication schedule.
- Please discuss with your doctor prior to re-starting blood thinners.
- You may need to reduce pain medication when pain decreases.

SPECIAL INSTRUCTIONS:

- Take NSAIDS (Motrin, Advil) for pain as needed.
- 24 hour post procedure – light activity only, NO heavy lifting.
- Apply ice to painful or tender areas for 20 minutes on and 40 minutes off.
- Please contact us with further questions or concerns.