



Pain Management Post-Care Instructions

Procedure: _____

Pre-Injection Pain Level: _____

Radiologist: _____

Post-Injection Pain Level: _____

1. You may experience some mild discomfort at the injection site as the local anesthetic wears off. If you require relief from this discomfort, you can try the following:
 - Apply ice to the area of treatment. No heat packs applied to treatment area, 3-7 days.
 - If you normally take over the counter pain medication you can try a medication like Tylenol or Advil (up to 2 tablets every 4-6 hours) or as prescribed by your physician.
 - **Please allow 2 weeks for cortisone to reach maximum effectiveness.**
2. Today's procedure was performed under sterile conditions and the risk of infection is very low. Contact your family doctor or go to a hospital emergency department if there are signs of infection such as swelling, warmth, redness, fever, or chills.
3. Cortisone may elevate your blood sugar level. If you are diabetic and monitor your blood sugar, you may have to adjust your medication accordingly.
4. Common side effects of cortisone can include temporary flushing (warmth and redness) in the face, neck, and chest, as well as temporary sleep disruption. If you experience these side effects, they will resolve on their own over the course of the week.
5. Keep the area clean and dry. Avoid hot tubs, pools, or baths for 48 hours. You can shower.
6. Today you can perform your normal daily activities but avoid strenuous activities for the next 3-4 days.
7. With some procedures you may experience temporary weakness in the leg(s) following your injection. This will resolve as the anaesthetic begins to wear off. Please use caution when standing and walking for this rest of the day.
 - If you have had a procedure that may affect leg weakness, you should not drive or operate heavy machinery for 24 hours after your treatment.
8. **If this procedure provided adequate relief, please follow up with your doctor to discuss repeating this in 3 months time. REMEMBER** – The pain relief from today's injection can last anywhere from a few weeks up to several months.

If you have any concerns directly related to your most recent injection, and you would like to speak with a nurse, please call (825) 904-8805. Our regular hours of operations are Monday to Friday, 8:00 am to 4:00 pm. If this is an emergency, please go directly to the nearest emergency department.

Next Step:

- Follow-up with ordering physician
- Upcoming appointment scheduled
- New updated requisition needed/ Requisition expires: _____

Thank you for choosing Beam Radiology for your care.

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