



Post-Epidural Steroid Injection



Your Recovery & Care Instructions

An epidural steroid injection is used to reduce inflammation and relieve pain caused by irritated spinal nerves. It is commonly chosen for conditions like herniated discs, spinal stenosis, or sciatica. This injection delivers medication directly into the epidural space around your spinal cord, helping calm nerve irritation and improve function.

! What to Expect

- You may feel **sore where the needle was placed** — this is normal
- Some patients notice a **temporary increase in symptoms** before relief
- It may take **3–7 days** for the steroid to begin working
- A **headache may sometimes occur** after the injection — this can often be relieved with **Tylenol and caffeine**, such as **soda, tea, or coffee**

📦 First 24 Hours

- **Rest** and avoid strenuous activity.
- Use **ice packs** (not heat) on the injection site if sore.
- **No baths or pools** — showering is okay.
- **Avoid heavy lifting**, bending, or twisting today.

👉 Resuming Activity

Activity	When to Resume
🚶 Walking	Gentle walking encouraged after 24–48 hours
🧘 Stretching (Sciatica, etc.)	Resume after 5–7 days if pain is improving
🏋️ Physical Therapy	Resume in 5–7 days, or as advised by your provider
🎯 Lumbar Traction Devices	Resume after 7 days if no increase in symptoms
🏃 Exercise/Gym Workouts	Wait 5–7 days, or longer if instructed

📍 Medication Guidance

- ✅ **Tylenol (acetaminophen)** is okay
- ❌ **Avoid NSAIDs** (ibuprofen, Aleve, aspirin) for **48–72 hours**
NSAIDs can reduce the steroid's anti-inflammatory effect
- 📌 **Resume your regular medications** unless told otherwise
- ❓ **Contact us** if you're unsure about pain meds or anti-inflammatories

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👤 **Procedure Coordinator**

📞 When to Call Us

Please call our office if you experience:

- 🔥 Fever over 100.4°F
- ⚡ New numbness or weakness
- 🤯 Severe headache (especially when standing)
- 💧 Redness, swelling, or drainage at the injection site
- ! Any concerning or unusual symptoms



Post-Medial Branch Block Injection



Your Recovery & Care Instructions

A medial branch block is used to diagnose pain coming from the small joints in your spine called facet joints. These joints can become inflamed due to arthritis, injury, or degenerative changes. The injection targets the **medial branch nerves**, which carry pain signals from these joints. If this block relieves your pain, you may be a candidate for radiofrequency ablation (RFA) for longer-lasting relief.

! What to Expect

- You may feel mild soreness or pressure in your back where the injection was placed.
- Some patients experience temporary numbness or weakness that resolves within a few hours.
- Pain relief may be immediate or develop gradually over a few days.
- This injection is diagnostic — meaning it helps us determine if your facet joints are the source of pain.

📦 First 24 Hours

- **Rest** but light walking is encouraged
- Apply **ice packs** to the site as needed (20 min on/off)
- **Showering is fine** — avoid hot tubs and baths
- Avoid lifting, twisting, or high-impact activity
- Keep track of your pain levels and activity during this time

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💪 Resuming Activity

Activity	When to Resume
Walking	Light walking is fine after 24 hours
Stretching or Yoga	Resume after 2–3 days if pain is controlled
Physical Therapy	Usually safe to resume after 3–5 days, based on how you're feeling
Work/Desk Activity	Resume next day if tolerable
Exercise or Gym Workouts	Wait 5–7 days or until cleared by your provider

💊 Medication Guidance

- **Tylenol (acetaminophen)** is okay
- **Avoid NSAIDs** (ibuprofen, Aleve, aspirin) for **48–72 hours**
NSAIDs can reduce the accuracy of the diagnostic test
- **Resume your regular medications** unless told otherwise
- **Contact us** if you're unsure about pain meds or anti-inflammatories

📞 When to Call Us

Call our office if you experience:

- **Fever over 100.4°F**
- **New or worsening numbness or weakness** after 24 hours
- **Severe headache or dizziness**
- **Swelling, drainage, or signs of infection** at the injection site
- **Any unusual or concerning symptoms**

Post-Rhizotomy (Radiofrequency Ablation)



Your Recovery & Care Instructions

A rhizotomy, also called radiofrequency ablation (RFA), uses heat to disable small sensory nerves that send pain signals from inflamed spinal joints (called facet joints). This procedure is often performed after a successful medial branch block and can provide longer-term pain relief — often lasting 6–12 months or longer.






! What to Expect

- Mild to moderate **soreness, aching, or sunburn-like sensation** at the injection site
- **Temporary numbness or tingling** in the back, hips, or legs
- Some patients may experience a brief **flare in pain** before relief sets in
- Relief may begin within **1–3 weeks**, with full effect in **4–6 weeks**

First 24–48 Hours

- **Rest** and limit physical activity the day of the procedure.
- Use **ice packs** (20 minutes on, 20 minutes off) to reduce swelling or soreness.
- Avoid **heating pads**, hot tubs, or baths for the first 48 hours.
- Showering is allowed.

Resuming Activity






Activity	When to Resume
 Walking	Gentle walking encouraged within 24–48 hours
 Stretching	Resume after 3–5 days, as tolerated
 Physical Therapy	Safe to resume after 5–7 days unless otherwise directed
 Exercise/Gym Workouts	Resume gradually after 7 days or when cleared by your provider
 Return to Work	Desk work next day is okay if you're feeling well; physical jobs may need 2–3 days off

Medications

- Resume your regular medications unless instructed otherwise.
- You may take **Tylenol** or prescribed meds for post-procedure soreness.
- **Avoid anti-inflammatories** (e.g., ibuprofen, naproxen) for 24–48 hours unless your provider says otherwise.


When to Call Us


Call our office if you experience:

-  Fever over 100.4°F
-  New or worsening numbness or weakness after 24 hours
-  Severe headache or dizziness
-  Swelling, drainage, or signs of infection at the injection site
-  Any unusual or concerning symptoms

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Your Recovery & Care Instructions

You've just completed your spinal cord stimulator trial. This is an important step in determining if a permanent implant is right for you. Below is what to expect and how to care for yourself during this evaluation period.

What to Expect

- You may experience **drowsiness, lightheadedness, or mild nausea** after the procedure.
- Please have a **responsible adult stay with you** for the first 24 hours.
- **Use caution when standing or changing positions.** Move slowly and avoid twisting motions.
- This device is **diagnostic** — it helps us determine if a permanent implant will be effective.

First 24–48 Hours & Trial Site Care





- **Do not remove the dressing.** Keep the site clean and dry. Reinforce with medical tape if needed.
- **Do not shower or bathe.** Sponge baths only during the trial period.
- **Do not pull on or become entangled** in the external cable.
- Avoid driving, operating machinery, or making legal/business decisions for 24 hours.
- **No lifting, reaching, bending, or twisting,** especially movements involving the shoulders or hips.
- **Drink plenty of fluids** and resume your regular diet unless otherwise instructed.
- You may take **Benadryl** for itching if prescribed.

Tracking Your Results

During the trial, pay attention to:

- ✓ How much pain relief you experience (aiming for $\geq 50\%$)
- ✓ Activities you can now do more comfortably
- ✓ Sleep, movement, or function improvements
- ✓ Any discomfort or issues with the device

When to Call Us Immediately


-  If trial leads **pull out**
-  Fever of **101°F or higher**
-  Excessive bleeding, redness, swelling, or **foul odor** at the site
-  An **increase in pain** at the procedure site

What Happens Next

You'll return to the office in **5–7 days** to have the trial leads removed. At that visit, we'll review your results and determine if a **permanent implant** is appropriate. If the trial was successful, we will begin insurance authorization and planning for your implant procedure.

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Post-Sacroiliac (SI) Joint Injection



Your Recovery & Care Instructions

Thank you for trusting us with your care. This injection targets the sacroiliac joint — a common source of lower back and hip pain. Here's what to expect after your procedure and how to take care of yourself in the hours and days that follow.

! What to Expect

- You may feel **numbness or heaviness** in your lower back or hip for a few hours.
- Mild **soreness at the injection site** is normal and may last 1–3 days.
- The injection may begin working right away, or pain relief may take several days to develop.
- Some patients experience a **brief increase in pain** before improvement.

📦 First 24 Hours

- **Rest and take it easy.** You may resume normal activity the next day if you're feeling well.
- **Use ice packs** (20 minutes on, 20 minutes off) to reduce soreness.
- **Avoid heat, baths, and pools** for the first 24 hours.
- **No heavy lifting, twisting, or strenuous exercise** today.
- You may **shower** the day of the injection.

👤 Resuming Activity

Activity	When to Resume
🚶 Walking	Light walking encouraged the same day or next day
🧘 Stretching/Yoga	Resume after 2–3 days if pain is improving
🏠 Physical Therapy	Resume in 3–5 days, unless otherwise instructed
🏃 Exercise/Gym Workouts	Wait 5–7 days or until cleared by provider
🚗 Driving	Safe to resume once numbness has fully worn off and you feel alert

💊 Medications

- Resume regular medications unless directed otherwise.
- You may take **Tylenol** for discomfort.
- **Avoid anti-inflammatories** (ibuprofen, naproxen, etc.) for **24 hours**, unless approved by your provider.

📞 When to Call Us

- 🌡 Fever over 100.4°F
- 💧 Swelling, redness, or drainage at the injection site
- ⚡ New or worsening numbness, tingling, or leg weakness
- ! Sudden severe increase in pain
- 😟 Any symptoms that feel concerning or unusual

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After a Steroid Injection

Thank you for trusting us with your care. Below are general guidelines to follow after receiving a steroid-based injection.

! What to Expect

- You may experience **soreness, heaviness, or mild discomfort** at the injection site.
- **Pain may increase temporarily** in the first 24–72 hours due to a normal inflammatory response. This typically resolves on its own.
- Relief from the steroid may begin within a few days, but it can take **up to a week** for full benefit.

General Care Instructions

-  You may apply **ice packs** (20 minutes on, 20 minutes off) for site soreness.
-  **Avoid heat** (heating pads, hot baths) to the injection site for the first 24 hours.
-  **Limit physical activity** for 24 hours — avoid lifting, twisting, or strenuous exercise.
-  You may shower the same day, but avoid soaking in pools or bathtubs.

Why Should I Avoid Anti-Inflammatories After a Steroid Injection?

Steroid injections work by reducing inflammation at a targeted area, but they depend on your body's natural healing response to take effect. Taking certain medications too soon can interfere with that process.

Anti-Inflammatories Can Compete with the Steroid's Action

- NSAIDs (like ibuprofen, Advil, Aleve, or aspirin) reduce inflammation too — but they work differently.
- If taken immediately after a steroid injection, they may **blunt your body's response** and make the injection less effective.



Wait 24–48 Hours

- To allow the steroid to work properly, **avoid NSAIDs for 1–2 days**, unless your provider instructs otherwise.

What Can I Take Instead?

- **Acetaminophen (Tylenol)** is a safe alternative for pain — it relieves discomfort without affecting inflammation.

 If you experience new or worsening symptoms — like fever, redness, swelling, drainage, or severe pain — please contact our office.



Post-ViaDisc® Procedure



Your Recovery & Care Instructions

You've just received a biologic disc injection to support healing and relieve chronic disc pain. This is a minimally invasive treatment that works over time. Below are guidelines to help you recover safely and get the most from your procedure.

! What to Expect

- You may feel **dull pressure, soreness, or stiffness** in your back for 2–3 days after the procedure.
- A **temporary increase in discomfort** is common as your body reacts to the biologic material.
- Improvement usually begins within **2–4 weeks**, with continued healing over **8–12 weeks**.
- Mild fatigue or soreness after the procedure is normal and should fade with rest.

📦 First 24–72 Hours

- **Rest and minimize activity** to allow your disc to stabilize.
- Use **ice packs** (not heat) as needed — 20 minutes on, 20 minutes off.
- **Avoid hot tubs, baths, pools, or heat therapy** for at least 48 hours.
- You may **shower the same day** if dressing is intact and dry.
- **Do not lift, twist, or bend** during this initial healing window.

👤 Resuming Activity

Activity	When to Resume
Walking	Gentle walking encouraged after 1–2 days
Stretching/Physical Therapy	Resume after 7 days or when approved by provider
Exercise/Gym	Wait at least 2 weeks; resume gradually
Desk Work	Resume within 1–2 days as tolerated
Physically Demanding Work	May need modified duty for 1–2 weeks

💊 Medication Guidance

- You may take **Tylenol (acetaminophen)** for post-procedure discomfort.
- **Do not take NSAIDs** (ibuprofen, naproxen, aspirin) for **at least 7 days**, unless otherwise instructed —

📞 When to Call Us

- Fever over 100.4°F
- Redness, swelling, or drainage at the injection site
- New or worsening numbness, weakness, or leg pain
- Any sharp or sudden increase in back pain

🔍 Quick Overview of ViaDisc®

- It contains **dehydrated, non-viable disc allograft tissue**.
- Designed to **replenish the disc environment** and help restore hydration and function.
- Often done **under fluoroscopy** with mild sedation or local anesthetic.

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Your Recovery & Care Instructions

The mild® Procedure relieves pressure on spinal nerves caused by lumbar spinal stenosis. It removes excess ligament through a tiny incision — no stitches required.

! What to Expect


- Mild soreness or pressure at the procedure site
- Temporary increase in **leg or back pain** is normal
- Numbness or tingling may occur — this usually fades
- Small bandage covers the site — **no stitches required**
- Most patients return to light activity within 24–48 hours


First 24–48 Hours

-  **Rest** and avoid strenuous activity
-  Use **ice packs** for soreness (20 min on, 20 min off)
-  **Shower is okay** — keep the bandage dry
-  Avoid **baths, pools, or hot tubs**
-  No **bending, twisting, or lifting**

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Resuming Activity

Activity	When to Resume
 Walking	Gentle walking after 1–2 days
 Stretching or PT	Resume after 3–5 days
 Exercise/Gym	Gradual return after 7+ days (with clearance)
 Desk Work	Resume in 1–2 days if tolerated
 Physical Labor	Resume with provider approval

When to Call Us

-  **Fever over 100.4°F**
-  **Redness, swelling, or drainage at the site**
-  **Worsening numbness, weakness, or pain**
- **! Signs of infection or any unusual symptoms**



Post-Basivertebral Nerve Ablation



Your Recovery & Care Instructions

You've just undergone a minimally invasive procedure targeting the basivertebral nerve to reduce chronic vertebrogenic back pain. This treatment works gradually by stopping pain signals from inside the vertebral body.

! What to Expect

- Mild to moderate **soreness or stiffness** in the lower back is normal
- Some patients may feel a **temporary increase in pain** before noticing relief
- Numbness, pressure, or dull aches may last a few days
- Pain relief is gradual, with full benefit often felt within **6–12 weeks**

📦 First 24–72 Hours

- **Rest and avoid strenuous activity**
- Apply **ice packs** (20 minutes on, 20 minutes off) for site soreness
- **Showering is okay** — avoid soaking in bathtubs, hot tubs, or pools
- **No bending, lifting, twisting, or prolonged sitting**
- **Avoid heat** on the lower back for the first 24 hours

👤 Resuming Activity

Activity	When to Resume
Walking	Light walking encouraged within 1–2 days
Stretching or PT	Resume after 5–7 days, or when cleared
Exercise/Gym	Gradual return after 1–2 weeks
Desk Work	Resume in 1–2 days, as tolerated
Strenuous Activity	Resume after 1–2 weeks or with provider approval

💊 Medication Guidance

- **Tylenol (acetaminophen)**: safe for soreness
- **Avoid NSAIDs** (ibuprofen, Advil, Aleve, aspirin) for **48–72 hours**, unless advised otherwise
- Take all prescribed medications as directed

📞 When to Call Us

- **Fever** over 100.4°F
- **Redness, swelling, or drainage** from the procedure site
- **Worsening numbness, leg weakness, or sharp new pain**
- **Any symptoms** that feel unusual or concerning

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Your Recovery & Care Instructions

A discogram is a diagnostic test used to identify disc-related back pain. Contrast dye is injected into spinal discs to reproduce your typical pain and determine which discs may be causing your symptoms. Immediately after your discogram, you'll go to an imaging facility for a CT scan of your spine.

- 📷 The CT scan captures detailed images of the disc's internal structure
- 🔍 It identifies tears, fissures, or degeneration not visible on an MRI
- 🌱 It helps your provider correlate disc damage with the pain you experienced during the procedure

! What to Expect

- Temporary increase in back pain is normal and expected
- You may feel pressure, soreness, or aching at the injection site
- Mild headache or stiffness can occur
- Pain usually resolves within 1–3 days
- Your provider will review the discogram results at a follow-up visit or during your surgical consult

📦 First 24–48 Hours

- ✅ Rest and avoid activity
- ❄️ Use ice packs (20 min on/off) for soreness
- 🚿 You may shower — avoid baths or hot tubs
- 🛑 No lifting, twisting, or bending
- 🚫 Avoid heat on your back

💊 Medication Guidance

- ✅ Tylenol (acetaminophen) is safe for pain
- 🚫 Avoid NSAIDs (ibuprofen, Aleve, Advil, aspirin) for 48–72 hours
NSAIDs can interfere with post-procedure inflammation and disc healing
- 💊 Take all prescribed medications as directed

💪 Resuming Activity

Activity	When to Resume
🚶 Walking	Light walking after 24 hours
🧘 Stretching/PT	Resume in 3–5 days or as advised
🏃 Exercise	Resume after 5–7 days if pain is improved
💻 Desk Work	Resume within 1–2 days if tolerated
🔧 Manual Labor	Resume with provider clearance

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☎️ When to Call Us

- 🌡️ Fever > 100.4°F
- 💧 Redness, drainage, or swelling at the site
- ⚡ Severe leg pain, numbness, or weakness
- ! Headache that worsens when standing
- 🚨 Any unusual symptoms or concerns



Post-Stellate Ganglion Block



Your Recovery & Care Instructions

A stellate ganglion block targets the sympathetic nerves in the neck and is used to treat certain pain conditions (like CRPS), PTSD, hot flashes, and circulation issues in the head, face, or upper extremities.

! What to Expect

- Temporary drooping eyelid, red eye, nasal congestion, or hoarseness on the injected side — this is expected and should resolve in a few hours
- Warmth or heaviness in the arm or face may occur
- Mild soreness at the injection site is common
- You may feel lightheaded or relaxed temporarily

📦 First 24 Hours

- ✅ Rest and take it easy for the remainder of the day
- ❄️ Use ice packs at the injection site if sore
- 🚫 Avoid driving, operating machinery, or making legal/business decisions for 12–24 hours
- 🚿 You may shower but avoid baths or pools
- 🚫 No heavy lifting, intense exercise, or twisting

💪 Resuming Activity

Activity	When to Resume
🚶 Walking	Light walking the next day
🧘 Stretching or PT	Resume after 24–48 hours
🏃 Exercise	Resume in 2–3 days or as advised
💻 Desk Work	Next day if fully alert
🔧 Manual Labor	Resume with provider approval

💊 Medication Guidance

- ✅ Tylenol is okay if needed
- 🚫 Avoid NSAIDs for 24 hours unless directed
- 💊 Take prescribed meds as instructed
- 💧 Stay hydrated and rest to allow full effect

📞 When to Call Us

- 🌡️ Fever over 100.4°F
- 💧 Swelling, redness, or drainage at the site
- ⚡ New numbness, weakness, or difficulty swallowing
- ! Drooping eyelid or vision changes lasting >24 hours
- 😞 Severe or worsening pain

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Your Recovery & Care Instructions

A spinal cord stimulator (SCS) is used to treat chronic pain by sending mild electrical signals to interrupt pain pathways. This permanent implant is placed after a successful trial and can reduce pain and improve daily function.

? Why Are There Two Incision Sites?

You will have **two small incisions** as part of your procedure:







-  One on your **upper or mid-back**, where the **electrode leads** were placed near your spine
-  One on your **lower back or buttock**, where the **battery (pulse generator)** was implanted under the skin

These two sites are connected by a small wire tunneled under the skin. This is a normal part of the procedure and allows the device to function safely and effectively.






! What to Expect

- Soreness, bruising, or swelling around your incisions
- Temporary fatigue or limited movement
- Mild numbness or tingling near the incision or stimulator site
- You'll begin learning how to **use and charge** your device (if rechargeable)
- **Movement restrictions** are required to protect the leads while healing

First 72 Hours


-  Rest and take pain meds as prescribed
-  Use ice packs on the incision area (20 min on/off) — avoid direct skin contact
-  Showering may be allowed after 48–72 hours (if cleared)
-  **Do not bathe, soak, or scrub the incision**
-  **Keep your dressings clean and dry** — do not remove or disturb them
-  No ointments, lotions, or powders on or near the incision

Resuming Activity

Activity	When to Resume
 Walking	Light walking within 1–2 days
 Desk Work	Resume after 3–5 days if tolerated
 Stretching/PT	After 3–4 weeks when cleared
 Exercise	Avoid for 6+ weeks unless cleared
 Manual Labor	Only with provider approval

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Healing Restrictions (Minimum 6 Weeks)






To prevent lead movement and support incision healing:

-  No lifting more than **5 lbs**
-  No bending at the waist
-  No twisting, squatting, or kneeling
-  No reaching above shoulder level or below your knees
-  No vigorous stretching, exercise, or bouncing motions

Medication Guidance

-  Tylenol (acetaminophen) is safe unless told otherwise
-  Avoid NSAIDs (ibuprofen, Aleve, aspirin) for **5–7 days** — may interfere with healing
-  Resume your regular medications unless told otherwise
-  Contact us if unsure about pain meds, antibiotics, or anti-inflammatories

When to Call Us

-  Fever over 100.4°F
-  Redness, swelling, drainage, or warmth at the incision
-  Worsening leg/arm weakness, numbness, or burning
-  Problems charging your device or using your remote
-  Any symptoms that feel unusual or concerning



Post-Intrathecal Pain Pump Refill (ITP)



Your Recovery & Care Instructions

An intrathecal pain pump delivers medication directly to the spinal cord to help manage chronic pain. Today, your pump was refilled through a small injection into the reservoir under your skin. Proper care after a refill ensures safety, comfort, and ongoing relief.

! What to Expect

- Mild **soreness or pressure** at the refill site
- Small **bandage** placed over the injection area
- **No pain medication changes** unless discussed — the dose remains the same unless adjusted by your provider
- Your pump continues working without interruption

📦 First 24 Hours

- ✅ Rest and avoid strenuous activity
- 🩹 Leave the bandage on for 24 hours; keep the area clean and dry
- 🚿 You may shower, but do not scrub or soak the area
- ❌ Avoid pressing or manipulating the pump site

💪 Resuming Activity

- ✅ Resume light activity the same day
- ❌ Avoid strenuous exercise, twisting, or lifting >10 lbs for 24–48 hours
- 🧘 If you feel sore, gentle stretching is okay after 1–2 days

💊 Medication Reminders

- ✅ Continue your regular meds as instructed
- 💊 If your dose was changed, follow your new instructions carefully
- ❓ Contact us if you experience unusual drowsiness, dizziness, or lack of relief

☎️ When to Call Us

- 🌡️ Fever over 100.4°F
- 🩹 Redness, swelling, or drainage at the pump site
- ⚠️ Trouble standing, walking, or increased numbness
- ! Symptoms of withdrawal (chills, sweating, agitation, nausea)

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Post-Botox Injection for Migraine



Your Recovery & Care Instructions

Botox is used to prevent chronic migraines by blocking nerve signals in targeted muscles of the head, neck, and shoulders. Injections are given in a specific pattern and typically take 1–2 weeks to begin working.

! What to Expect

- Mild **tenderness or bruising** at the injection sites
- You may feel a slight **tightness or heaviness** in your forehead or neck
- Results typically begin within **7–14 days**
- Maximum benefit is usually seen around **4 weeks**, with relief lasting **2–3 months**

📦 First 24 Hours

- ✅ You may return to light activity
- ❌ Do not lie flat or lean forward for 4–6 hours
- ❌ Avoid massaging, rubbing, or applying pressure to the injection areas
- ❄️ Ice can be used for mild soreness

💪 Resuming Activity

- ✅ Resume normal activity after 24 hours
- ❌ Avoid intense workouts, sauna, or hot yoga for 1 day

💊 Medication Guidance

- ✅ Continue your migraine medications as prescribed
- 🚫 Do not start new medications unless approved by your provider
- ❓ Let us know if you feel dizzy, have vision changes, or excessive weakness

☎️ When to Call Us

- 🤒 Fever, redness, or swelling that worsens
- ⚠️ Difficulty breathing or swallowing
- ! Drooping eyelid or vision issues lasting longer than 72 hours
- 😬 Any symptoms that feel unusual or concerning

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Post-Botox Injection for Cervical Torticollis



Your Recovery & Care Instructions

Botox is used to relieve muscle spasms and stiffness caused by cervical dystonia (torticollis). The injections target specific neck muscles to reduce abnormal head positioning, pain, and muscle contractions. Results are gradual and usually improve over several weeks.

! What to Expect

- Mild **soreness or bruising** at the injection sites
- You may feel **neck weakness, heaviness, or imbalance** as the medication begins working
- Pain relief and muscle relaxation usually begin within **5–10 days**
- Full benefit typically seen in **2–4 weeks**, lasting **2–3 months**

📦 First 24 Hours

- ✅ Resume light activity
- ❌ Avoid rubbing or massaging the neck
- ❌ Do not lie flat or lean your head back for at least **4–6 hours**
- ❄️ Ice may be applied if sore
- 🚫 Use **caution with movement** — move slowly and avoid sudden turns

💪 Resuming Activity

- ✅ Return to daily activity with awareness of neck mobility
- ❌ Avoid heavy lifting or strenuous workouts for 24 hours
- 🧑‍⚕️ Physical therapy or stretching may be recommended later to support alignment and strength

💊 Medication Guidance

- ✅ Continue your prescribed medications
- ❌ Avoid new muscle relaxants or sedatives unless approved
- ❓ Report any dizziness, trouble swallowing, or difficulty holding your head upright

☎️ When to Call Us

- 🦌 Fever or worsening swelling
- ⚠️ Difficulty breathing, speaking, or swallowing
- ! Head drooping, severe weakness, or loss of balance
- 😬 Any symptoms that feel unusual or concerning

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📞 225-769-3636 ext. 202

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✉️ jamy@ipipain.com

👤 **Clinic Manager**








Your Recovery & Care Instructions

A celiac plexus block is used to relieve chronic abdominal pain, often related to conditions like pancreatitis, cancer, or post-surgical pain. This injection targets a bundle of nerves near the spine that transmit pain signals from abdominal organs.

! What to Expect


- Temporary **lower back or abdominal soreness**
- You may experience **low blood pressure, dizziness, or flushing** — this typically resolves within hours
- **Leg weakness** or feeling wobbly is possible and should resolve the same day
- Pain relief may begin **within hours or a few days** and may last weeks to months

First 24 Hours

-  Rest and avoid strenuous activity
-  Stay seated or lie down if you feel dizzy
-  Ice packs can be used on the lower back if sore
-  Showering is okay — keep the injection site clean and dry
-  No baths or soaking until cleared


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 Procedure Coordinator






Resuming Activity

Activity	When to Resume
 Walking	Same day with caution
 Desk Work	Next day if stable
 Stretching/PT	After 1–2 days
 Exercise	After 3–5 days when cleared
 Manual Labor	Resume with provider approval

Medication Guidance

-  Tylenol is safe for soreness
-  Avoid NSAIDs for 24–48 hours unless told otherwise
-  Resume regular medications unless instructed otherwise
-  Contact us if you're unsure about what to resume

When to Call Us

-  Fever over 100.4°F
-  Swelling, redness, or drainage at the site
-  Persistent dizziness or trouble walking
-  Chest pain, shortness of breath, or new abdominal pain
-  Any symptoms that feel unusual or concerning







Your Recovery & Care Instructions

A genicular nerve block targets the sensory nerves around your knee to reduce pain, usually caused by arthritis. This procedure is often used as a diagnostic test before radiofrequency ablation (RFA) to determine whether longer-term relief is possible.

! What to Expect


- Temporary **numbness or heaviness** in the knee
- Mild **instability** or “wobbly” sensation for a few hours
- **Soreness at the injection site** is normal
- Pain relief may begin within hours or over the next few days
- You may be asked to track your response to assess if ablation is appropriate


First 24 Hours

-  Rest the knee and avoid strenuous activity
-  Apply **ice packs** to the knee (20 min on/off)
-  Showering is okay — avoid baths or soaking
-  Avoid squatting, kneeling, or twisting motions

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Resuming Activity

Activity	When to Resume
 Walking	Same day with caution
 Desk Work	Next day if stable
 Stretching/PT	After 1–2 days
 Exercise	After 2–3 days when cleared
 Manual Labor	Resume with provider approval

Medication Guidance

-  Tylenol is okay
-  Avoid NSAIDs for 48–72 hours unless instructed
-  Resume your regular medications unless told otherwise
-  Contact us if unsure about medications

When to Call Us

-  Fever or drainage at the injection site
-  Trouble walking or leg weakness that worsens
-  Sharp increase in pain or swelling
-  Any symptoms that feel unusual or concerning







Your Recovery & Care Instructions

This procedure uses radiofrequency energy to disrupt the genicular nerves that send pain signals from your knee joint. It's performed after a successful diagnostic block to provide longer-term relief from osteoarthritis or chronic knee pain.

! What to Expect


- Temporary **numbness or soreness** around the front or sides of the knee
- Mild **instability or a "wobbly" feeling** is common the first day
- Pain may briefly increase before improving
- Full relief may take **2–4 weeks** and can last **6–12 months**


First 24 Hours

-  Rest the knee and avoid strenuous activity
-  Apply **ice packs** to the knee (20 min on/off)
-  Showering is okay — avoid baths or soaking
-  Avoid squatting, kneeling, or twisting motions

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Resuming Activity

Activity	When to Resume
 Walking	Same day if stable
 Desk Work	Same day or next
 Stretching/PT	After 3–5 days
 Exercise	After 5–7 days or when cleared
 Manual Labor	Resume with provider clearance

Medication Guidance

-  Tylenol is okay
-  Avoid NSAIDs for 48–72 hours unless instructed
-  Resume your regular medications unless told otherwise
-  Contact us if unsure about medications

When to Call Us

-  Fever or drainage at the injection site
-  Trouble walking or leg weakness that worsens
-  Sharp increase in pain or swelling
-  Any symptoms that feel unusual or concerning



Post-Caudal Epidural Steroid Injection



Your Recovery & Care Instructions

A caudal epidural steroid injection delivers medication to the epidural space at the base of your spine to reduce inflammation and relieve lower back and leg pain. This injection is often chosen when other routes aren't ideal or if you've had prior spine surgery.

! What to Expect

- Mild **soreness or pressure** in your lower back or tailbone area
- Temporary **numbness, heaviness, or tingling** in your legs may occur
- Pain may temporarily worsen before improving
- Relief usually begins within **3–7 days** and can last for weeks to months

📦 First 24 Hours

- Rest and avoid strenuous activity
- Apply **ice packs** to the lower back if sore (20 min on/off)
- **Shower is okay** — avoid soaking, heat, or baths
- Avoid long periods of sitting or driving
- Light walking encouraged if tolerated

💪 Resuming Activity

Activity	When to Resume
Walking	Within 24–48 hours
Desk Work	Next day if tolerated
Stretching/PT	After 3–5 days
Exercise	After 5–7 days or when cleared
Manual Labor	Resume with provider approval

💊 Medication Guidance

- Tylenol is okay
- Avoid NSAIDs for 48–72 hours unless instructed
- Resume your regular medications unless told otherwise
- Contact us if you're unsure about any medications

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📞 When to Call Us

- Fever over 100.4°F
- Redness, swelling, or drainage at the site
- Numbness, weakness, or leg pain that worsens
- Any symptoms that feel unusual or concerning



Post-Trigger Point Injection



Your Recovery & Care Instructions

A trigger point injection is used to reduce muscle tension and relieve knots (trigger points) that cause referred pain. These injections target tight bands within a muscle to promote relaxation and reduce inflammation.

! What to Expect

- Temporary **soreness or bruising** at the injection site(s)
- You may feel a **mild ache or heaviness** in the muscle afterward
- Some patients notice **immediate relief**, while others feel improvement over 1–2 days
- It's common to feel a “**flushing**” or **warmth** in the treated area

📦 First 24 Hours

- ✅ Use ice packs to reduce soreness (20 min on/off)
- ❌ Avoid deep massage, hot tubs, or saunas
- 🚿 Showering is fine — just don't scrub the injection sites
- 🚶 Gentle movement is encouraged

💪 Resuming Activity

- ✅ Light activity is fine the same day
- ❌ Avoid heavy lifting or intense workouts for 24 hours
- 🧑 Resume stretching or PT the next day if comfortable

💊 Medication Guidance

- ✅ Tylenol is safe for discomfort
- ❓ Contact us before using muscle relaxers or anti-inflammatories post-injection if unsure
- 💊 Resume your regular meds unless told otherwise

☎ When to Call Us

- 🌡 Fever or redness at the site
- 💧 Swelling or drainage
- ! Sharp pain, numbness, or weakness
- 😖 Any symptoms that feel unusual or concerning

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