

## **POST PROCEDURE INSTRUCTIONS**

You have received a treatment to disrupt the specific nerve sending pain signals to your brain. Certain precautions and instructions indicated below should be followed.

### **Activity**

1. Rest on the day of procedure, increase activity as tolerated.
2. Do not drive vehicle, operate hazardous equipment, make complex legal decisions or sign any legal documents for at least 24 hrs after your procedure.
3. Do not drink alcohol for at least 24 hours
4. You may experience temporary numbness or weakness in your legs / arms.
5. Use an ice-pack to your back / neck for 10-15 mins every 2 hrs for the 1<sup>st</sup> 24 hours. Do not put ice directly on your skin.
6. Avoid prolonged immersion, or bathing for 24 hours. You May Shower.

### **Diet**

1. Resume Normal diet.

### **Medication**

1. May take all previous medications.
2. Take prescriptions / medications as ordered.
3. If **NOT ALLERGIC** , you should take OTC Ibuprofen/ Motrin as directed on the bottle for 72 hrs.

### **Although Some Discomfort Is Common, Please Call Your Physician Promptly If You Experience Any Of The Following In The Next 36 Hrs.**

1. Abnormal or excessive bleeding.
2. Difficulty breathing or shortness of breath
3. Any problem with passing urine
4. Changes or significant increase in severity of pain.
5. Increased or persistent redness around procedure site or fever (temperature more than 100° F) and chills.

### **Transportation Home**

1. Patient must have responsible adult to drive him/her home.

**Remember: you will not know the full benefit from this procedure for 5-10 days and some procedures may take longer for their full effect.**