

Post-Injection Procedure Instructions

- After the injection you may experience any of the following symptoms:
 - Drowsiness, nausea, muscle soreness, muscle spasm, and/or increase in pain.
 - Moderate local tenderness at the site of the injection, which usually subsides 2-4 days after the injection
- You may apply an ice pack to the injection site to reduce swelling and pain. Heat may also be applied beginning 2-3 days after the injection.
- Do not apply ice/heat directly on the skin, since extreme temperature may cause skin damage, especially when the skin is numbed.
- Improvement in your baseline condition may be noted as early as 3-5 days after the injection, but it may take up to 2 weeks for a significant effect to be noticed
- Call your office if you develop any of the following symptoms after your injection:
 - Temperature of 100.5°F or above
 - Shortness of breath at rest
 - Unusual swelling, warmth, pain or redness near the injection site
 - Severe headache of one that lasts more than 24 hours
 - Any new pain or other new symptoms
- You may take Tylenol 325-650mg, every 4 hours as needed for pain relief, unless otherwise directed. You may also use any prescription pain medications you have as directed, unless otherwise instructed.

Please contact our office with any questions or concerns at 815-398-9491