



Michael Martinez, M.D.



The New Age of Pain Medicine



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WHAT TO EXPECT AFTER PROCEDURE

After Procedure

1 DAY ONE

- The local anesthetic will wear off within 2-3 hours and your pain will return.
- Your pain may return for up to 48 hours.
- You may experience weakness or numbness in the area for a few hours.
- If you have tenderness at the injection site, apply ice for 10 minutes every hour for 2-3 hours.
- Do not use a heating pad for 24 hours.

Diabetics: Expect your blood sugar level to increase.

Blood Thinning Medications: You may restart your blood thinner medication in the evening, as prescribed.

2 DAY TWO

- The steroid may start taking effect and your pain may start to decrease.
- Check for the following:
 - ...The injection site for redness or swelling
 - ...Your temperature, if you are feeling warm.Call if your temperature is greater than 101°F.

Diabetics: Your blood sugar level will be increased.

3 DAY THREE

- The steroid will take effect.
- Your pain should continue to improve during the next 2-3 weeks.

7 DAY SEVEN

- Expect a call from one of our nurses.

!!! WHEN TO CALL:

- If you have a persistent headache that goes away when you lie down.
- If your temperature is greater than 101°F.



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