



## POST PROCEDURE INFORMATION FOR PATIENTS

### We recommend:

- All medications that were held prior to the procedure may be restarted 2 hours after the procedure, except Pradaxa, Eliquis, and Xarelto which should be restarted 6 hours after the procedure.
  - The exception is patients on Metformin (Glucophage) who will need to hold this medication for 48 hours after the procedure *IF* contrast/dye was used for the procedure. If there are any questions about this, please contact the office for further clarification. Changes in your diabetic management may have to be made by the physician managing your blood sugar.
- If you are diabetic you should closely monitor your blood sugar levels for 72 hours after the procedure. Steroid injections may temporarily elevate your blood sugar levels.
- You are not permitted to submerge the injection site in water - NO tub bath or water soaking (including pool, jacuzzi, etc.) for 48 hours after the procedure.
- No driving or operating heavy machinery on the day of the procedure.
- Apply ice or cold compression to the procedure site in 20 minute intervals for 48 hours after the procedure. Remember that a skin barrier (towel, cloth, paper towel) must be placed between the skin and ice to avoid injury to the skin. It is not unusual to feel some soreness or aching at the injection site, which may last for 5-7 days.
- Patient may return to work the day after the procedure, unless otherwise stated by the physician.

### Please contact our office immediately if any of the following occur:

- Fever
- Excruciating pain (especially worsening neck or back pain)
- Bowel or bladder changes
- Arm or leg weakness, or difficulty with walking
- Changes in speech
- Headache in standing position, *FULLY* relieved by lying down
- Confusion, disorientation, change in mental status
- Skin changes or rash

**CONTACT NUMBER: 412-533-2202**

