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Post Injection Precautions, Expectations, and Discharge Instructions

- **Take it easy for the next 12 hours.** You may resume vigorous activity/exercise in two days.
- **No driving or operating heavy equipment for 12-24 hours** after receiving IV sedation.
- **Avoid air travel for 24 hours** after receiving injections.
- **Do not drink alcohol for 24 hours** after receiving IV sedation.
- **You must have an adult stay with you for 12 hours** after receiving IV sedation.
- **Ice the injection site(s)** for the first three hours following any injection for 10 minutes at a time as needed for local pain.
- **Keep a consistent/thorough record of your pain response** after your injections, **with the use of the given pain diary.**
- You may take Tylenol/Acetaminophen or your prescribed narcotic medication for pain, but **avoid aspirin, and other anti-inflammatory medications** (such as: ibuprofen, naproxen, and many others), **or blood thinners until the second day after your injections**, unless otherwise directed by your injectionist, specialist or primary care provider.
- **You may have a period of increased discomfort before you start to feel better. It may take 2-3 days to feel the effect of the injection/corticosteroids**, and up to 10-14 days for the maximum effects.
- **Call our office if you experience itching, rash, shortness of breath, severe headache, or increasing weakness, numbness, or other concerning symptoms.**
- **Call 911 if you are having or experience a medical emergency.**
- **Corticosteroids can cause side effects such as:** dull headaches, mood swings, irritability, anxiety, insomnia, flushing or a feeling of warmth for several days; fluid retention, weight gain, elevated blood pressure, transient decrease in immunity, or an elevation in blood sugars.
- **Follow up, by phone or office visit, as discussed with the physician who referred you for injections.** Call the physician's office and report your symptoms to the medical assistant, and schedule a follow-up visit if needed.
- **Please call Dr. Bainbridge, Jadon Redington, PA-C, Sophie Baxter, PA-C, Drew Trainor, or any of our medical assistants at (303) 327-5511 with any questions or concerns.**