

Following your injection, please follow these instructions:

- After procedure activity: Nothing strenuous the date of the procedure. You may resume normal activities the following day.
- You may resume work unless told otherwise by the physician.
- You may resume your previous diet.
- It may be several days before you see improvement. For some patients, the pain may get worse the day following the procedure, this is not uncommon.
- If you get pain relief, it may last from a few days to several months following the procedure.
- If you are taking blood thinning medications and stopped them for this procedure, you may resume taking the blood thinners again as follows:
 - A. Coumadin – resume the night of the procedure. Work with your prescribing MD to obtain therapeutic levels.
 - B. Plavix – resume the next day
 - C. Aspirin – resume at your next regular dose
- If you had IV sedation or oral Ativan, you cannot drive or drink alcohol for 24 hours. Do not sign important documents for 24 hours, and you must have a ride home.
- Keep band aid clean and dry for 24 hours. Do not submerge the procedure site in water for the remainder of the day. No swimming, bathing, or whirlpools for 24 hours. You may take a shower. You may remove the band aid after 24 hours.
- For mild pain or tenderness at the injection site:
 - A. You may take acetaminophen or your prescribed medication. Never drive while taking opioid pain medicine.
 - B. You may use a cold pack/ice at the injection site for 15 minutes 2-3 times per day over the next days. **Do not apply ice directly to the skin.** Make sure to dry site if it becomes wet. Nothing excessively hot should be placed on the injection site for 24 hours.

Post Injection expectations and/or recovery & warning signs:

- Soreness, stiffness, mild bruising, and muscle cramping occasionally occur at and around the injection site. This is not an uncommon side effect; it is transient & will resolve over time.
- Signs of infection at the injection site: redness, drainage or swelling, pain at the injection site, fever/chills lasting >3 days.
- Severe headache that is worse when standing upright.
- Increased numbness and tingling in your arms or legs.
- Any new bowel or bladder incontinence.



Post steroid injection common side effects:

- Flushing or feeling of warmth, increased appetite, water retention and increases menses may occur due to the steroids.
- If you are diabetic, you should monitor your blood sugars with finger sticks 3-4 times a day, following the steroid injection and work with your primary care physician or endocrinologist with any problems you may have with high blood sugar levels. This is a side effect of steroids.

Kyphoplasty procedures:

- You may be scheduled for a follow up appointment to remove your suture unless instructed otherwise.
- Remove the band aid 24-48 hours after the surgery. **Do not soak in a bathtub for 1-2 days after the surgery.**
- Take your medicine exactly as directed.
- Use an ice pack or bag of frozen peas (or something similar) wrapped in a thin towel to reduce the swelling and pain around the incision sites. Put the ice pack on the area for 20 minutes, then remove for 20 minutes. Repeat as needed and **keep the site dry.**
- Wear your back brace if you were told to do so by your physician.

**If you have any questions or concerns, please contact the clinical staff
at the office @ 210-920-8945.**

