

Next Appointment:

- Date: _____
- Time: _____

**Provider:**

- Dr. Shah
- Other: _____

Location:

- ELGIN
- MCHENRY
- RIVERSIDE
- OTHER: _____

Post Procedure Instructions

General Information

- Avoid sitting/soaking in water (baths, hot tubs, swimming pools, lakes/ponds) for **24 hours** after the procedure. **Showers are OK**
- You **MAY** resume all medications as instructed by your provider
- You **MAY** remove the Band-Aid/paper tape over the injection site(s) a few hours after the procedure
- You **MAY** have soreness from the injection site. You **MAY** use ice for pain relief today. **After 24 hours**, you **MAY** also use heat along with ice for any soreness or muscle spasms
- There are **NO** specific activity restrictions
 - Avoid any vigorous activity on the day of the procedure. Light activity such as walking, stretching, as tolerated is acceptable
 - You may resume all usual activities unless told otherwise by your provider
- You **MAY** participate in formal physical therapy sessions **48-72 hours** after your procedure
- You **MAY** continue performing your home exercise program in the interim
- You **MAY** use TENS unit, Theragun, get massages etc. after the procedure, though we recommend avoiding high intensity settings on the device
- If you have taken medication to help you relax (Valium, Xanax, Ativan etc.), please make arrangements for someone to drive you home. It is not advisable for you to drive for 4-6 hours after the procedure while under the influence of such medications (Valium, Xanax, Ativan etc.)

Post Procedure Follow Up

- **Please keep scheduled follow up appointment with the ordering provider so they can assess your relief from this procedure. They need to document your relief to determine next steps in your treatment plan**
 - This is **required** to determine next steps in your treatment plan and helps us have an accurate record of your relief for future interventions (if required)
- If a repeat injection is required in the future, it **WILL** require an office visit **PRIOR** to ordering the injection to document recent symptoms and updated exam/image findings for insurance approval

Please contact our office (815) 398-9491 if you experience:

- Significant weakness in the arms or legs or redness/swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin that is new or worsening
- Fever or chills
- Headaches that began after the injection and worsen when standing up/alleviate when lying down. If so, please increase fluid intake, caffeine intake (coffee etc.) and use Tylenol and NSAIDs for pain and call our office

If you are unable to reach our office staff or if it is after hours, please call 911 and/or go to the nearest emergency room to seek medical assistance

Thank you for entrusting us with your care. We sincerely hope you had a positive experience during your procedure appointment. Please contact our office (815) 398-9491 if you have any questions or concerns.

Dr. Neal Shah

Special Instructions based on Procedure or Medical History

Epidural Injection (CESI/LESI/TFESI/Caudal ESI)

- Injection typically contains saline or local anesthetic mixed with steroids. The local anesthetic may provide relief of your pain instantly (over 4-8 hours), but the steroid injection **may** take up to **7-10 days** to reduce the pain and inflammation
- You may have numbness, tingling or transient weakness in the targeted area. This is from the local anesthetic injected in the area and will likely wear off over 4-6 hours. Please be careful with walking
- The goal is **>50% reduction** in the pain radiating into the arms/legs. If so, you may repeat the same epidural injection **AFTER 3 months (max 3-4 epidural injections/12 months)**
- If this is your **FIRST** epidural in this part of the spine **AND** you have **<50% relief**, in some cases you may receive a second epidural **AFTER 2 weeks** by changing the location, approach (transforaminal vs interlaminar) or medication injected
 - This is dependent on your insurance and can be discussed by your provider in the office

Radiofrequency Ablation (RFA)

- You may have soreness around the injection site due to muscle spasms/irritation which may last for a few days. You may use ice in the first 24 hours and ice/heat after the first day for relief. You can use Tylenol, NSAIDs (ibuprofen/naproxen) and muscle relaxants for pain relief as well
- Relief is likely to be felt around **2 weeks** after the ablation
- It **IS** expected that you will still have some soreness in the neck/low back/knee with certain activity, but it is our hope that the intensity is **reduced by >50% for 6 to 12 months** and/or you are able to overcome the pain faster than prior to the procedure
- If you get the intended relief, you may be a candidate for repeat ablation **AFTER 6-12 months (max 2 ablation procedures/12 months)**
 - **Unilateral vs. Bilateral procedure may impact timing of repeat RFA procedure**

Joint Injection (Shoulder, Hip, Knee, Sacroiliac joint etc.)

- The steroid may take **7-10 days** to reduce the pain and inflammation
- If you had **>50% relief**, you may be a candidate for repeat injection **AFTER 3-4 months (max 3-4 joint injections/12 months)**

Diabetes

- Many interventional pain procedures consist of steroids in the injection which can cause your blood glucose to elevate for a few days after the procedure. It should typically normalize after 3-4 days. We recommend you monitor your glucose levels closely and treat as directed by your PCP/Endocrinologist
- If the glucose significantly rises and does not return to normal levels after a few days, we advise you to contact your PCP/Endocrinologist to determine next steps in management or call 911 and go to the nearest emergency room for immediate medical assistance

Antiplatelets/Anticoagulants

If you had to stop a blood thinner (anticoagulant) or antiplatelet medication, please see below when it is safe to resume the medication. If you have any questions, please reach out to our office or the prescribing provider for assistance

- **Antiplatelets can be resumed 24 hours after the procedure.** This includes the following: aspirin, cilostazol (Pletal), dipyridamole (Aggrenox), clopidogrel (Plavix), prasugrel (Effient), ticagrelor (Brillinta)
- **Anticoagulants can be resumed as follows (time after procedure):**
 - Rivaroxaban (Xarelto) and Apixaban (Eliquis): 24 hours
 - Warfarin: minimum 6 hours, ideally 24 hours
 - Subcutaneous heparin: 8 hours
 - Lovenox: 12 hours for prophylactic dose (40mg), 24 hours for therapeutic dose (> 1 mg/kg).
 - Fondaparinux (Arixtra), Dabigatran (Pradaxa), Herbal agents (Ginseng, Garlic, Ginkgo, Danshen, Dong Quai): 24 hours