



Post Procedure Instructions

- Resume all your normal medications, including anti-inflammatories, aspirin, and blood thinners.
- You may shower 12 hours after your procedure. You may remove your bandages 5-7 days after your procedure and leave the incision open to the air. They will normally come off in the shower.

Epidural Steroid Injections

- Decrease your normal activities or rest the day of your procedure. You may resume your normal activities on the day after your procedure.
- You may gradually resume exercising 3-7 days following your injection
- Apply ice at the site of the injection to relieve any discomfort
- ***Please remember that glucocorticoid medication can take up to 14 days to take effect***
- Please call our office with an update 2-3 weeks after your procedure

Medial Branch Blocks

The facet block will last about 4 hours and provides the doctor with important information about your diagnosis.

- Resume your normal activities directly after your procedure. This will help determine if the block was helpful.
- During the first 4 hours after your procedure, it is very important that you complete a pain diary and document your pain post injection. You will need to record the level of pain on a 0 to 10 scale and the location of your pain.
- Typically your pain will return after the anesthetic “wears off”.
- For a few hours after the procedure you may have numbness, dizziness, or weakness.
- After the block wears off, apply ice to your injection site to relieve discomfort.
- Call our office 2 days after your procedure and report your pain diary to us. You may leave this on the medical assistants’ voicemail.

Radio Frequency Ablations

Radiofrequency ablation is used to destroy the nerves that supply the facet joints in the spine. These joints are the small posterior joints on either side of the spine. These joints can be one source of back pain.

- You may experience some increased pain following your procedure over the next 10 days to 2 weeks, but you can resume your normal activities within the means of comfort. Applying ice at least 3 times per day to the area can be helpful.

Kyphoplasty

- Avoid any strain or stressful movement for the first 24 hours, then gradually resume your routine activities.
- Maintain proper posture while sitting, standing, sleeping and lifting; follow instructions given by Home Health
- Schedule a follow up appointment for 4-6 weeks after your procedure.