

LIPC SURGERY CENTER

2335 Limestone Overlook Gainesville, GA 30501-7443

Phone: (770) 297-0356 Fax: (770) 297-7564

Post-Procedure Instructions

Procedure: _____

- In most cases, you can expect to have mild discomfort/pain at the injection site for approximately 1-5 days; this is normal.
- Massage to the affected area may be helpful. You may use ice/heat to the area intermittently.
- Maintain your typical level of activity, as tolerated.
- The numbness that you initially have from the local anesthetic is temporary and will typically wear off within a few hours after your procedure.
- Steroid injections do not take effect immediately; they will take effect gradually over the next several days; **usually 3-5 days, but sometimes up to 7-10 days.**
- If you are diabetic and received a steroid injection, please be aware that your blood sugar may increase. Monitor your glucose levels regularly and report any unusually high blood glucose levels to our office.
- Steroid injections may result in fluid retention. If you have symptoms of fluid retention such as swollen extremities or difficulty breathing, please report it to our office as you may need follow-up care or a prescription for a diuretic (water pill).
- Steroid injections may cause additional side-effects that include: itching, flushing, sweating, irritability, increased appetite, and insomnia. While these may be bothersome, they typically resolve rather quickly and are nothing to be concerned about.
- You may be instructed to keep a pain diary after your injection. If so, rate your pain level on a scale of 0 to 10 (0 = no pain and 10 = severe pain) every hour for the remainder of the day. You may fax, mail, or bring this in to your follow-up appointment. Keeping an accurate pain diary is important. It will allow Dr. Givogre to determine the effectiveness of your injection and assist in recommending other therapeutic interventions.
- Continue to do your exercises and keep your physical therapy appointments.
- Any medications that were held for your procedure **may be resumed** the following morning unless you have been instructed otherwise based on your procedure.
- It is important for you to keep your follow-up clinic appointment.
- It is advised that you **wait 24 hours** after your procedure to shower and remove your Band-Aids. You should not sit in a bathtub, hot tub, or swim for **three days** following your procedure.
- Please notify our office if you have a fever greater than 101 degrees within the first three days following your procedure or any other signs of infection such as redness, tenderness, and/or drainage at the injection site.

If you have questions or concerns, please contact the office via phone: 770-297-0356. This number is also to be used should you need to contact the physician after business hours; follow the instructions given on our afterhours message.

Additional Instructions:
