

Pain Management**Instructions:**

1. Please call Dr. Jeter's office in 1-2 days and leave a message with the office on how you felt the injection helped you if the physician cannot reach you.
2. The effects of medication may require 4-7 days to take full effect; you may be sore at the injection sites until then. If there is pain at injection site, please apply ice to area for 20 minutes up to 5 times a day.
3. A medication was given at the time of the block that may make you numb. When the numbness wears off, the pain may return. This is normal.
4. Please remove any bandages the day after your procedure. Avoid showering/bathing until the day after your procedure.
5. Gradually increase activity as tolerated.
6. For headaches, drink fluids and taking ibuprofen WITH Tylenol (As long as you tolerate those medications). Post-procedural headaches can make you feel very ill but are usually not dangerous. If headache continues for more than 48 hours, please contact the office.
7. If you develop a fever greater than 102 degrees F or if you are concerned for wound infection, contact the office.
8. For the next two days avoid heavy lifting but continue to perform your stretching and exercise program as outlined by your physical therapist. If you don't have a stretching program at this time, you will be instructed by your physical therapist at your scheduled appointment.
9. If symptoms of weakness, numbness, tingling, and/or paralysis develop, you should go to the emergency room for formal evaluation and treatment.
10. If you received sedation through an IV: Absolutely NO driving or operating heavy machinery for 24 hours. Please avoid making major life decisions for 24 hours also.

If any problems/issues occur, please call Dr. Jeter's office: 661-255-8252.