



## INTERWEST REHABILITATION

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### **Before your procedure:**

- Arrange to have a responsible adult (18 or older) to drive you home and stay with you. You cannot use a cab or car service. Anticipate about 2-3 hours for your visit.
- Do not eat anything after midnight the night before the procedure. You may have water or black coffee up to four hours prior to your procedure. Necessary medications can be taken with water.
- Continue all of your usual medications leading up to the procedure. There is no need to stop blood thinners, aspirin or anti-inflammatories. If you have questions about certain medications, please call our office. Bring a current list of all of your medications, doses and how frequently you take them. Also bring a list of any drug allergies.
- Arrive at the surgical center one hour before your scheduled injection time.
- If you become ill, develop a productive cough or a fever, or if you are taking antibiotics to treat an infection; please call the office to reschedule your procedure.

### **After your procedure:**

- If you experience a medical emergency call **911** or go to the **Emergency Room**.
  - You may eat and drink normally after the injection, but avoid drinking any alcohol for the remainder of the day. Resume all of your usual medications as prescribed.
  - Do not drive or operate heavy machinery for the remainder of the day.
  - You may have numbness in the area of injection or in your limbs for a few hours after the injection.
  - Your injection may have included cortisone, which has some temporary side effects including: temporary worsening of pain, sleeplessness, flushing, hot flashes, redness of the face and neck, headache, irritability, palpitations or emotional changes.
  - Keep track of your response to the injection by using a pain diary or pain log. Write down how your usual symptoms have changed over the 7-14 days following the injection. Bring these notes to your follow up appointment and share this information with your provider.
  - You may apply ice for 20 minutes at a time to reduce any soreness related to the procedure.
  - It may take up to 14 days for your injection to have full effect.
  - Activity: Take it relatively easy after your procedure. Return to usual activity the following day including any activity restrictions that were in place before the procedure.
  - If you have questions, please call our office (303) 738-1900
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