



Post Injection/Procedure Discharge Instructions Dr. Groysman Interventional Pain Management

You may have some soreness at the injection site(s) immediately after your procedure or after a few hours once the local anesthesia wears off. If you have had a **steroid** injection, **Zeel/Traumeel**, or **Hyalgan** viscosupplementation for your joints, you may take Extra Strength Tylenol or a Non-steroidal Anti-inflammatory medication (such as Advil, Celebrex, Motrin, etc.) or other pain medications prescribed. If you have had **prolotherapy** or **regenerative therapy (PRP, amnion)**, take only Tylenol and your regular medications, but do NOT take NSAID's.

The medications injected during the procedure may give relief immediately or may take several days to take effect. The effects are different for every procedure, and for each person.

If you had a **steroid** injection:

- You may experience flushing (face redness), trouble sleeping for the first 1-2 days after the injection. This is from some absorption of the steroid.
- The steroid can take 2-5 days for full effect
- Do not apply heat to the injected area for 72 hours (no hot baths, no heating pads, etc.)

If you had **prolotherapy** or **regenerative therapy**, it can take at least 2-3 weeks for effects. Please read the regenerative handout for further instructions.

If you have had anesthesia of any kind, for at least 12 hours, **DO NOT**:

- Drive or operate heavy machinery.
- Drink alcoholic drinks.
- Make any kind of important decisions or sign any documents.
- Perform any strenuous activities.

You may:

- Eat what you can tolerate after the procedure.
- Apply ice packs to the area intermittently 15 minutes on, 15 minutes off.

If you develop any of the following symptoms, please call your physician immediately at 214-560-2000:

- Severe increased pain not controlled by medications.
- Increasing weakness/numbness to extremities.
- Unusual reactions as redness at injection site, swelling, heat, or significant drainage.
- Temperature of 101 or greater for 24 hours.
- Severe nausea/vomiting for 24 hours.

If you are unable to reach your physician, please go to your nearest emergency department.