

## **OFFICE POST-PROCEDURE INSTRUCTIONS**

Neurology & Pain Management

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### **WHAT TO EXPECT**

- o It is normal to have some pain, swelling, or bruising at the injection site for the next day or two.
- o You will receive a call from our office in the next 24-72 hours to check on your pain score and make sure you are not experiencing any side effects.
- o Remember that it could take a few days (3-10 days for steroid injections, and 1-3 weeks for Botox injections) for you to start getting the benefit from the procedure; the effects are not instantaneous.

### **CONTACT OUR TEAM IF:**

- o You have a temperature of 100.5 °F (38 °C) or higher.
- o You have shortness of breath.
- o Swelling around your injection site is increasing.
- o You have pus-like (thick, yellowish, or foul-smelling) drainage from the injection site.
- o You have any sudden increase in pain or new pain.
- o You have nausea and vomiting.
- o You have any new or unexplained symptoms.
- o You have any questions or concerns.

### **FOLLOW-UP**

- o Make sure to book a follow-up visit 4-6 weeks after the procedure.
- o If you have any problems, questions or concerns at any point after the procedure, it is best to call the office during normal business hours. If you have a true medical emergency, there is a team member on call, but you will likely be directed to the emergency room for evaluation.