

# **PAIN INSTACARE**

## **PRE-PROCEDURE INSTRUCTION**

1. Please eat and stay hydrated before every procedure.
2. Please make sure your blood pressure is under control. If your blood pressure is not within normal limits and if there are symptoms related to that, then your procedure may be rescheduled.
3. Majority of the time procedure is performed under local anesthetics, and you may not need a driver, but we always recommend you bring a companion in case you need.
4. Please arrive 15 minutes before your scheduled time.
5. Do not take any Excedrin (which contains Aspirin) or over the counter anti-inflammatory medications (such as Advil, Aleve, etc.) for at least 3-5 days prior to the procedure.
6. If you on any anti-coagulation medication (blood-thinners) such as Coumadin (warfarin), Plavix, Heparin, Lovenox, or Aggrenox, etc. Please obtain clearance from your primary care physician or cardiologist to stop this medication at least 3-5 days prior to the procedure. You may obtain clearance from your doctor.
7. To decrease the risk of infection, please take a shower or bath before the procedure.
8. Do not plan any major event or activity on the day of the procedure.
9. You may not be able to have the injection if you have had a recent cold, fever or infection. Please call your doctor if you have any concerns that you may have.

WE wish you good luck and  
hope this procedure will help you improve your quality of life...  
In case of any questions please call us at

1-888-PAIN-121      1-888-724-6121  
[WWW.PAININSTACARE.COM](http://WWW.PAININSTACARE.COM)

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## Discharge Instructions Post Injection

**CAUTION:** There may be a numbness or weakness after the procedure which may affect your driving. We always recommend that you have a ride back home. Or sit in the waiting area for 15 minutes.

**SORENESS:** There may be slight bruising or tenderness at the injection sight. It should improve over the next couple of days. If this should occur, try ice on the sight. After attempting to try ice, if you are still having the soreness. You can try heat or ice. We ask that you try ice first in case there is any inflammation. We would like to keep that down.

**DIET:** Continue your usual diet. If you have diabetes, check your finger sticks 1-2 times daily for the next 2-3 days. You may notice unusual fluctuations in your blood sugar. If you do, please contact your primary care physician. If you have high blood pressure, you may notice an increase in blood pressure or fluid retention. Please report this to your primary care physician.

**ACTIVITY:** Try to take it easy for the next 24 hours, following the procedure. You may begin resuming usual activities after this time period. Be sure to continue any precautions previously given to you such as avoiding heavy lifting or bending.

**CALL IF YOU NEED US:** Call Pain Instacare / Gupta Institute for Pain, **1-888- 724-6121** if any of the following occurs new to you after the procedure:

- . Fever greater than 100.5 degrees Fahrenheit
- . Increased pain persisting over 1-2 weeks
- . Shortness of breath, dizziness, pain in your chest or difficulty breathing
- . Difficulty swallowing or breathing
- . Severe headaches
- . Inability to move
- . Prolonged numbness, weakness, or tingling
- . Inability to urinate or have a bowel movement
- . Bowel or bladder incontinence
- . Continue, excessive, or increasing swelling or bruising at the needle site
- . Signs of infection, such as redness, drainage, swelling, or warmth around or from the needle site.

**If you can't get in contact with us at the office, or if you are unable to wait for a physician to return your call, GO TO THE NEAREST EMERGENCY ROOM. If you cannot get to the emergency room, Call 911.**

Since the medication you received may alter your mentation, sensation, strength, and reflexes, you may not drive yourself home or operate machinery for the remainder of the day.

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