

## **Intracorp Post-Procedure Instructions**

1. You may experience soreness at the site of the needle insertion. You'll be given pain medication to help decrease the procedure pain, use as directed.
2. Please keep the surgical dressing dry and clean. If bandages become soaked through, please contact the office: 541-780-6654
3. Keep the procedure site clean and dry, it is okay to shower after 48 hours, but do not soak in any water till the site is healed. Gently pat the incision site dry.
4. Avoid strenuous activity for 2-3 weeks. Do not lift over 10-15 pounds. Limit your bending and twisting.
5. Increase your light activity, such as walking, as tolerated.
6. You may resume taking your medicines unless otherwise indicated by your doctor.
7. Please attempt to call Pacific Sport and Spine for any unusual effects such as the following:
  - a. unusual persistent pain symptoms
  - b. intense headache or severe worsening of pain
  - c. shortness of breath or difficulty breathing
  - d. redness or swelling at the procedure site that lasts for more than one day
  - e. discharge from the injection site
  - f. a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart