

Post-Procedure Instructions MBB

1. The effects of any local anesthetic injected typically wears off in about 4-8 hours. You may experience numbness or weakness down one or both arms or legs depending on the level injected. You may experience some bruising or tenderness at the injection site(s). You may experience soreness at the injection site for a few days following the procedure. **Pain may then return to its previous or an elevated level.** Ice packs are helpful if this occurs. Do not apply ice packs for longer than twenty (20) minutes at a time. We recommend 20min on and 40min off.

Please use your pain log to help track your pain level after these injections.

2. We are looking for an 80% reduction in your pain within the **first few hours** of the procedure. Please document and pay attention to how you feel after the injection.
3. We would like you to resume your normal activities while the medication is in effect. Be careful negotiating around steps, curbs, rugs, bathtubs or other uneven surfaces until normal muscle strength, balance and/or equilibrium returns as these can be side effects from the procedure.
4. You may remove the band aids after a few hours and shower after your procedure, but do not soak in bathtub, hot tub or use a heating pad or take any anti-inflammatories within the first 24 hours following the procedure.
5. Do not drive for up to 12 hours after your procedure.
6. You may resume taking all your medications unless otherwise indicated by your doctor. If you are scheduled for another procedure, please do not resume medications/vitamins that were listed to hold. If you are taking blood thinning agents and are scheduled for another procedure, please follow your doctors' guidelines.
7. If you are prescribed an antibiotic between the procedure and your next visit, please notify us prior to having another procedure.
8. Please 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. redness or swelling at the injection site that lasts for more than 1 day
 - d. discharge from the injection site
 - e. a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart

Main Office: 217 Division Ave | Eugene, Oregon 97404 | 541-780-6654

Pacific Northwest Surgery Center: 2445 Beverly St | Springfield 97477 | 541-916-3099

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