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POST PROCEDURE INSTRUCTIONS

1. The numbing medicine used in this procedure may make you temporarily weak or numb, so you should limit your physical activity the day of your procedure.
2. You may resume normal activity the day after your procedure, as tolerated.
3. The effects of any local anesthetic injected typically wear off in about 4-8 hours. **Pain may then return to its previous or an elevated level.** If you receive steroids, the relief may not be felt for several days. Keeping a pain diary may be beneficial to help you track your pain relief until you see your doctor in follow up.
4. You may experience some bruising or tenderness at the injection site(s). You may experience an increase in your pain level or soreness at the injection site for a few days following the procedure. Ice packs are helpful if this occurs. Do not apply ice packs for longer than twenty (20) minutes at a time. Tylenol may be used as needed, and heat after the first 24 hours.
5. It is recommended that you do not drive for up to 12 hours after your procedure.
6. You may resume taking all your medicines, unless otherwise indicated by your doctor. You may resume your blood thinning agents tomorrow unless you are scheduled for another procedure or otherwise directed by your doctor.
7. Be careful negotiating around steps, curbs, rugs, bathtubs or other uneven surfaces until normal muscle strength, balance and/or equilibrium returns.
8. You may remove any band-aids today.
9. You may shower after your procedure, but do not soak in a warm bath or hot tub or use a heating pad within the first 24 hours following the procedure.
10. If you are prescribed an antibiotic between the procedure and your next visit, please notify us prior to having another procedure.
11. If you are diabetic, you may experience an increase in your glucose levels with a steroid injection.
12. **Please call Pacific Sports and Spine (541-780-6654) during office hours for any unusual effects such as the following:**
 - unusual persistent pain symptoms
 - intense headache or severe worsening of pain
 - shortness of breath or difficulty breathing
 - redness or swelling at the injection site that lasts for more than 1 day
 - discharge from the injection site
 - a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart

Pacific Northwest Surgery Center
2445 Beverly St. Springfield, OR 97477
541-284-3052



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Here, at Pacific Northwest Surgery Center, we appreciate you choosing our facility to provide your care.

We pride ourselves on providing exceptional care for our patients, this includes informing them of their financial responsibilities.

A co-payment may be assessed at the time your procedure is performed at our facility.

The amount of your copayment is determined by your insurance provider and not our facility.

However, copays are due at the time of service.

If you have any questions regarding whether you will owe a co-pay and what the amount will be please contact your insurance company directly.

We look forward to seeing you at your appointment.

With Gratitude,

Pacific Northwest Surgery Center Staff

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