



POST-OPERATIVE INSTRUCTIONS AND DISCHARGE INFORMATION

If you received intravenous conscious sedation for your procedure you may feel normal, yet legally you are under the influence of drugs. You may fall asleep easily and you may be forgetful at times. You are hereby directed to follow these instructions:

- Limit your activity for 24 hours
- Do not drive, return to work or perform any activity that requires quick reaction time or mental alertness such as operating machinery for at least 12 hours and a full night's sleep
- Avoid making critical decisions or signing legal documents
- Do not drink alcohol for 24 hours
- You may return to your normal diet as tolerated
- Allow at least 14 days to obtain maximum benefit from your injection

***Report the following physical conditions to your doctor immediately:**

- Increased or persistent redness or swelling around IV site or procedure site
- Persistent fever or chills
- Persistent or increasing nausea, vomiting, or headache
- Weakness or numbness of your arms or legs or difficulty urinating
- Difficulty breathing or shortness of breath
- Excessive or abnormal bleeding
- Excessive pain without relief from the pain medication prescribed
- If you cannot urinate within 6 hours after your procedure, go to the Emergency Room.
- If you are a diabetic, closely monitor your blood glucose level for the next two weeks.

WOUND AND DRESSING CARE:

- You may remove dressing in 1 hour and take a shower or bath
- You may use heat or ice for comfort. Do not apply heat or cold directly to injection site.
- Heating pad or ice compresses may be applied for 10 minutes every hour. Always place a cloth next to the skin before applying heating pad or ice compress.
- A small amount of bright red blood is to be expected
- If your bandage becomes soaked with bright red blood, place another dressing pad over your bandages. Do not remove original bandage. Call your doctor for further instructions.
- If drainage or pus is observed, please call your physician immediately.

MEDICATIONS:

- Resume taking your normal medications.
- You may take Tylenol or your prescribed pain medication for discomfort. It is recommended that you take your prescribed pain medication on a full stomach or with a snack.
- Medications containing aspirin should be avoided for 24 hours.
- DO NOT DRINK ALCOHOL WHILE TAKING PRESCRIBED PAIN MEDICATION
- DO NOT DRIVE WHILE TAKING PRESCRIBED PAIN MEDICATION

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