COMPREHENSIVE PAIN
MANAGEMENT SPECIALISTS

Post Procedure Instructions

In the first 24 hours:

- No baths or hot tubs
- Sore at the site of the injection
- Exacerbation of your pain symptoms is not uncommon and will reside as the medication begins to be absorbed.

Activity level until your follow up appointment:

- Plan on taking it easy the first 24 hours. It is ok to resume your normal activities after the injection.
- Plan on limited strenuous exercise, stretching or activities until your scheduled follow up appointment.

-If you have one or more of the following call Dr. Chisholm's office immediately at (858) 453-7700

- Fevers greater than 100 degrees
- Chills
- Night Sweats

-Questions for your provider at your next appointment.