
Following the Procedure

- You may have temporary pain relief from the anesthetic for the next 4 - 6 hours.
- No heavy lifting or strenuous activity for the next 24 - 48 hours.
- If there is soreness at the injection site, a cold compress or ice pack to the area a few minutes may be helpful. Slight bruising or tenderness is normal.
- You may remove the dressing/band-aid from the site in 24 hours.
- Resume your usual medications as previously prescribed. Continue your normal diet.
- Contact us or your physician immediately if you experience:
 - Fever greater than 101 degrees Fahrenheit
 - Excessive redness, warmth, or discharge at the injection site

If you are experiencing a medical emergency please go the nearest emergency room.