
Following the Procedure

- You may have temporary pain relief from the anesthetic for the next 4-6 hours.
- You may experience transient numbness or weakness following the procedure. Do not drive or operate machinery for the remainder of the day.
- 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 for 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.

Instructions due to Conscious Sedation:

- **Do not** participate in activities where you could become injured for the next 24 hours or until you feel normal again. For example do not: drive, operate heavy machinery, cook, or use power tools.
- **Do not** make important decisions or sign legal documents for the next 24 hours.
- Only take over-the-counter or prescription medications for pain, discomfort, or fever, as directed. If pain medications have been prescribed for you, ask your healthcare team when it will be safe to take
- You should not drink alcohol, take sleeping pills, or medications that cause drowsiness for 24 hours.

Contact us or your physician immediately if you experience:

- Fever greater than 101 degrees Fahrenheit
- Persistent, severe headache
- Excessive redness, warmth, or discharge at the injection site
- Neck stiffness

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