



Post Injection Precautions, Expectations, and Discharge Instructions

- Take it easy for the next 12 hours. You may resume vigorous exercise in two days.
- No driving (or heavy equipment operation) for 24 hours after receiving IV sedation.
- No alcohol for 24 hours after receiving IV sedation.
- Have an adult stay with you for 12 hours after receiving IV sedation.
- Ice area for the first three hours following any injection for 10 minutes at a time as needed for local pain.
- Keep a consistent record of your pain response after injections with the use of the given pain diary.

- You may take Tylenol or prescribed narcotic medication for pain, but avoid aspirin, anti-inflammatory medications (ibuprofen, naproxen, many others), or blood thinners until the second day after your injection.

- You may have increased discomfort before you feel better.

- Call our office if you experience itching, rash, shortness of breath, or stomach upset.

- **Call 911 if you experience a medical emergency.**

- (Cortico)steroids can cause side effects: mood swings, irritability, anxiety or insomnia; flushing or a feeling of warmth for several days, fluid retention, weight gain, elevated blood pressure, transient decrease in immunity, or elevation of blood sugar.

- Call the **DenverSpine at 303.783.1300** with any questions.