



HUDSON SPINE PAIN MEDICINE

281 Broadway, 2nd Floor
New York, NY 10007
T 646.596.7386
F 646.360.2739
E-mail: info@hudsonspine.com
www.hudsonspine.com

POST PROCEDURE CARE INSTRUCTIONS

It is very important that you follow these instructions:

What to Expect:

- After any procedure these are some small risks of bleeding, headache, or infection. These chances are very low. If you are experiencing fever, chills, or headaches 2 days after the procedure, please contact the office as soon as possible at 646-596-7386. We are on call 24-hours, 7 days a week. Please leave a voicemail after hours and we will promptly return your call.
- After the injection, it is completely normal for you to feel the original pain you have been feeling. Allow 2-3 days for the injection to settle in your system and to begin feeling the effect of the medication. Everyone is different and will react differently to the medication.
- We will give a follow-up call the next day to see how you are feeling after your procedure.

Instructions:

- You may resume your daily medications.
- Please ice the area of the injections for the next 2-3 days, 15 minutes on and off. Ice helps prevent soreness and reduces inflammation.
- You can take off your band-aid during your shower.

Activity:

- Refrain from lifting anything over 15 pounds.
- If you are doing physical therapy, massage, chiropractic, or acupuncture, etc., please wait 2 days before you resume your therapy.
- If swimming is part of your exercise regime, you can swim one day after the injection.
- If yoga or pilates is part of your exercise regime, wait 2 days before you resume your exercise.