



Injection Instructions

Instructions prior to appointment:

- Please be at the office 15 minutes prior to the scheduled procedure time.
- You may eat a normal breakfast or lunch prior to the injection.
- We recommend that you have a snack prior to the injection to help avoid any lightheadedness.
- Your daily medications should be taken as scheduled with exceptions of any blood thinners.
- Do not take aspirin or NSAIDs such as: Motrin, Ibuprofen, Aleve, Naproxen, Indocin, Advil for 5 days prior to injection.
- Do not take blood thinners such as coumadin, Xarelto, Plavix, Lovenox, Heparin, Eliquis, Pradaxa for 5 days prior to injection. **(You must consult with your prescribing provider prior to stopping these medications)**
- If you have a procedure or are prescribed an antibiotic or steroid prior to your injection please call our office.
- If you are diabetic, please check your sugar before leaving your house. If it is higher than 200 please call the office to ensure you are able to proceed with injection.
- It will be necessary to have a driver to bring you home following the procedure.
- Please be aware that your injection may be cancelled if your blood pressure is too high at the time of the visit

At home, after the injection:

- Be sure to ice injection site, 20 minutes on/20 minutes off.
- Do not use heat for 24 hours after the injection.
- Do not soak injection site for 24 hours. You may shower later that day.
- You may return to normal activities the following day, this includes: driving, work, exercise.
- For pain control you may use OTC Tylenol or medications prescribed by your provider.
- NSAIDs and aspirin may be resumed 24-48 hours after injection unless otherwise directed.

Call your surgeon if you experience the following:

- Severe pain or headaches
- Redness, swelling or drainage from injection site
- Calf pain
- Fever of 100°F or higher

Call 911 immediately if any chest pain or shortness of breath