

Post Transforaminal Epidural Steroid Injection (TFESI) Patient Handout

How long do I leave the bandage on?

Please leave your bandage on for at least one hour. If you have bleeding from the site for longer than four (4) hours please contact AOS for further instructions.

When can I shower?

You may shower at any time after the procedure. Do not submerge your injection site in a tub, pool, hot tub/jacuzzi, or any other standing water for 48 hours after the procedure.

What is my activity level after the procedure?

It is recommended that you reduce your activity level for the first 48 hours after the procedure unless otherwise specified by Dr. Hagan. After this period of time slowly resume your typical activities over the next 1-2 weeks.

When can I drive?

You may drive six (6) hours after your procedure if you do not feel any numbness, heaviness, or clumsiness in your leg AND you have not taken any sedation medication (Valium, Versed, Xanax, etc.). If you have any of these symptoms please wait until they resolve before driving.

Medications:

You may use your normal medications immediately after the procedure unless otherwise told by Dr. Hagan. If you take blood thinners of any kind (including Aspirin) please make sure Dr. Hagan has discussed their use with you prior to leaving from your injection visit.

Questions/Concerns:

If you have other questions or concerns please call AOS. Someone – typically Dr. Hagan's nurse, Page – will return your call within 24 hours.

Post Interlaminar Epidural Steroid Injection (ILESI) Patient Handout

How long do I leave the bandage on?

Please leave your bandage on for at least one hour. If you have bleeding from the site for longer than four (4) hours please contact AOS for further instructions.

When can I shower?

You may shower at any time after the procedure. Do not submerge your injection site in a tub, pool, hot tub/jacuzzi, or any other standing water for 48 hours after the procedure.

What is my activity level after the procedure?

It is recommended that you reduce your activity level for the first 48 hours after the procedure unless otherwise specified by Dr. Hagan. After this period of time slowly resume your typical activities over the next 1-2 weeks.

When can I drive?

You may drive immediately after your procedure if you do not feel any numbness, heaviness, or clumsiness in your leg AND you have not taken any sedation medication (Valium, Versed, Xanax, etc.). If you have any of these symptoms please wait until they resolve before driving.

Medications:

You may use your normal medications immediately after the procedure unless otherwise told by Dr. Hagan. If you take blood thinners of any kind (including Aspirin) please make sure Dr. Hagan has discussed their use with you prior to leaving from your injection visit.

Questions/Concerns:

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Post Medial Branch Block Injection Patient Handout

How long do I leave the bandage on?

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When can I shower?

You may shower at any time after the procedure. Do not submerge your injection site in a tub, pool, hot tub/jacuzzi, or any other standing water for 48 hours after the procedure.

What is my activity level after the procedure?

Dr. Hagan wants you to resume normal activity as soon as possible after the procedure. It is also recommended that if a certain activity causes your pain that you perform that activity in order to determine how much pain relief the procedure gives you.

When can I drive?

You may drive immediately after your procedure if you do not feel any numbness, heaviness, or clumsiness in your leg AND you have not taken any sedation medication (Valium, Versed, Xanax, etc.). If you have any of these symptoms please wait until they resolve before driving.

Medications:

You may use your normal medications immediately after the procedure unless otherwise told by Dr. Hagan. If you take blood thinners of any kind (including Aspirin) please make sure Dr. Hagan has discussed their use with you prior to leaving from your injection visit.

Questions/Concerns:

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Post SI, Hip, and Shoulder Joint Injection Patient Handout

How long do I leave the bandage on?

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When can I shower?

You may shower at any time after the procedure. Do not submerge your injection site in a tub, pool, hot tub/jacuzzi, or any other standing water for 48 hours after the procedure.

What is my activity level after the procedure?

It is recommended that you reduce your activity level for the first 48 hours after the procedure unless otherwise specified by Dr. Hagan. After this period of time slowly resume your typical activities over the next 1-2 weeks.

When can I drive?

You may drive immediately after your procedure if you do not feel any numbness, heaviness, or clumsiness in your leg AND you have not taken any sedation medication (Valium, Versed, Xanax, etc.). If you have any of these symptoms please wait until they resolve before driving.

Medications:

You may use your normal medications immediately after the procedure unless otherwise told by Dr. Hagan.

Questions/Concerns:

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