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THE SPINE & PAIN CENTER

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## JOINT INJECTION POST PROCEDURE DISCHARGE INSTRUCTIONS

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1. Do not apply heat to any area that is numb. If you have discomfort or soreness at the injection site, you may apply ice today, 20 minutes on and 20 minutes off. Tomorrow you may use ice or warm, moist heat. Do not apply ice or heat directly to the skin.
2. You may have an increase or change in the discomfort for 36-48 hours after your treatment. Apply ice and continue with any pain medicine you have been prescribed.
3. Do not do anything strenuous today. You may shower, but no tub baths or hot tubs today. You may resume your normal activities tomorrow, but do not "overdo it". Resume normal activities slowly when you are feeling better.
4. If you experience redness, drainage or swelling at the injection site, or if you develop a fever above 100 degrees, please call The Spine and Pain Center at (215) 538-6430 or go to the Emergency Room.
5. Continue to take all routine medicines prescribed by your primary care physician unless otherwise instructed by our staff. Most blood thinners should be started again according to your regularly scheduled dosing. If you have any questions, please give our office a call.

***If you have a problem specifically related to your procedure, please call our office at (215) 538-6430.  
Problems not related to your procedure should be directed to your primary care physician.***

***THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.***

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PATIENT SIGNATURE

\_\_\_\_\_  
NURSES SIGNATURE

\_\_\_\_\_  
DATE