

WINDHAVEN SURGERY CENTER

POST PROCEDURE INSTRUCTIONS FOR JERRY LEWIS, MD

1. Do not drive or operate any machinery for 12-24 hours; wait until all the effects of your sedation have gone. You **MUST** have a driver to take you home and assist you into the house.
2. Walk carefully and do not get up from a lying or sitting position too quickly. It is not unusual to have a degree of “numbness” at your back and legs after a lumbar injection or at your neck and arms after a cervical injection that might last for several hours. Numbness at the lower extremities might cause some unsteadiness and loss of bladder control. This is due to the local anesthetic and will wear off after a time. Have someone to assist you at home if you wish to move around the house.
3. Resume your regular diet and medication. Avoid alcoholic beverages today.
4. Take pain medication as instructed. Use ice packs to injection site for 10-20 minutes each hour for at least the first 24-48 hours while awake, and then as needed. Do not use a heating pad. Ice packs work better to help decrease swelling and inflammation.
5. Tomorrow you may resume normal activities to what your pain will tolerate. No exercise, physical therapy, or sports for 7 days.
6. Remove Band-Aids tomorrow.
7. You may shower if you need or want to but do not let hot water run over your injection site for an extended period of time.
8. No swimming, soaking in a bathtub, or hot tub for 3 days.
9. Call your physician **IMMEDIATELY** for:
 - SEVERE PAIN AT YOUR INJECTION SITE
 - PROLONGED OR INCREASING NUMBNESS 24 HRS AFTER BLOCK
 - A TEMPERATURE OVER 101 DEGREES AND/OR CHILLS
 - EXCESSIVE BRUISING, BLEEDING OR SWELLING AT THE INJECTION SITE

NOTE: If you have any questions or problems, contact our office at (214) 618-9600