



## POST OPERATIVE PATIENT INSTRUCTIONS

Dr. Nini and Dr. Lee

Phone: 855-906-7246

Apply an ice pack, cold pack, or cold compress to the injection site (without getting the area wet) by doing this, it may decrease discomfort or soreness that you may feel after the procedure. Discomfort or soreness may last approximately three to five days.

Keep injection site clean and dry for two days (48 hours) after the procedure. Do not take a shower for two days (48 hours). Do not bathe or go swimming for at least three days (72 hours). Doing so may cause an infection. You may remove your bandage 2 days (48 hours) after your procedure. It is ok, if the bandage falls off on its own before that.

Avoid any strenuous activity, such as heavy lifting, or straining for one week. Do not do any jogging, running, hiking, working out, yoga, pilates, Zumba, mountain biking, rock climbing, etc. without the permission of your doctor. Avoid activities requiring sudden bending motions. As you begin to notice the discomfort decreasing, you may gradually increase your activity level as tolerated.

Resume your normal diet and all medications, unless instructed otherwise by the doctor.

Call your doctor if you are experiencing any of the following:

- Chills or fever (over 101), warmth, redness, drainage, swelling, or excess bleeding at surgical site.
- Difficulty breathing.
- Nausea or vomiting.
- Unusual/unexpected numbness, tingling, or coldness of extremities.
- If you are unable to reach your doctor, go to the nearest Emergency Room.
- For extreme emergency, call 911.

If you received sedation:

- Do not drive a car/operate machinery for 24 hours.
- Do not drink alcohol for 24 hours.
- Do not take sedatives for 8-12 hours unless directed by your doctor.

I HAVE READ AND RECEIVED THE ABOVE INSTRUCTIONS, PRIOR TO MY RECEIVING SEDATION AND AGAIN AFTER MY PROCEDURE.

Patient/Responsible Adult Signature: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_