

hudson

MEDICAL

POST-PROCEDURE CARE INSTRUCTIONS

Please refer to these guidelines following any procedure done at a Hudson Medical facility:

After any procedure, there are very minor risks of bleeding, headache, or infection. If you are experiencing fever, chills, or headaches after the procedure, please contact the office as soon as possible at **(646) 596-7386** during our hours of operation.

After the injection, it is completely normal for you to feel the original pain you normally experience, as well as soreness at the injection site. Everyone is different and will react differently to the medications.

- Nerve blocks should provide immediate relief, lasting a couple hours up to a few days.
- Allow 2-3 days for a steroid injection (epidural or joint injection) to take effect.
- Allow 2-4 weeks for a radiofrequency ablation to take effect.

If you are experiencing any soreness or increased inflammation at the injection site, which is normal, you may ice the area for 15 minutes at a time for the first 24 hours.

Any prescribed medications may be continued after your procedure, with your physician's consent. If you were instructed to stop taking blood thinners before the procedure, you may resume them after your procedure.

It is okay to shower after your procedure, but avoid fully submerging the injection site in water (i.e. bath, hot tub, swimming pool). You may take a bath or resume any swimming regimen 24 hours after your procedure.

For the first 24 hours, please refrain from heavy lifting and any strenuous activity. If you are doing physical therapy, massage, chiropractics, acupuncture, yoga, or pilates please wait 2 days before resuming.

If you have any questions, do not hesitate to give us a call at the office at **(646) 596-7386** or email us at info@hudsonmedical.com