

Dr. Kristen E. Cardamone



11 Overlook Rd, MAC II, Suite 180, Summit, NJ 07901
35 Olcott Square, First Floor, Bernardsville, NJ 07924
197 Ridgedale Avenue, Suite 210, Cedar Knolls, NJ 07927
Tel: 908-516-2941 www.drkristencardamone.com Fax: (908) 522-2207

POST-PROCEDURE INJECTION INSTRUCTIONS

1. On the day of the procedure, you should rest BUT do not need complete bedrest! Please DO walk around. Ask a responsible adult to keep you company the remainder of the day. You may resume your normal daily routine the next day. However, careful to avoid strenuous activity or any activities that cause pain or discomfort. Take breaks, rest as needed the day of the procedure.
2. The anesthetics used during the procedure may remain in your body for up to 24 hours. Drowsiness, dizziness, nausea, flushing of the face and minor headaches may be normal side effects during this period. Temporary numbness in the affected extremity may occur, but will resolve generally within the hour.
3. Refrain from the following for 24-48 hours after your procedure:
 - Do not take a bath, swim or sit in a hot tub. Showers are okay.
 - Do not drive, operate heavy machinery or use power tools.
 - Do not drink alcoholic beverages the day of the procedure.
 - Do not make important or legal decisions, as your judgment may be impaired.
 - Do not sit for more than 1 to 2 hours in any one spot.
 - Do not exercise/ physical therapy day of procedure (resume PT on third day after procedure).
4. Headaches are another possible side effect, but they only occur in less than 1% of all patients. Lying down and resting are the best treatments.
5. If you have a headache, you should:
 - Stay hydrated; drink 3 to 4 liters of water or juice per day.
 - Take your prescribed pain medication.
 - Try drinking caffeinated beverages.
6. Immediately following epidural procedures, it is possible for your legs may feel shaky, weak or have some numbness. These sensations should be temporary and are due to the longer acting effect of anesthetic, however, please notify the physician if these symptoms occur so that she can direct you appropriately.
7. Tenderness at the site of the injection is normal. To dull the pain, use ice packs over the injection site for 15 minutes, only once per hour for the first 24 hours. In days that follow, you can either use heat or ice, whichever is more effective, for 15 minutes at a time, up to five times per day.

Dr. Kristen E. Cardamone



11 Overlook Rd, MAC II, Suite 180, Summit, NJ 07901
35 Olcott Square, First Floor, Bernardsville, NJ 07924
197 Ridgedale Avenue, Suite 210, Cedar Knolls, NJ 07927
Tel: 908-516-2941 www.drkristencardamone.com Fax: (908) 522-2207

8. The steroid generally takes 72 hours to start taking effect. It is normal to feel your usual pain or slightly increased discomfort to 2-3 days following the procedure.
9. You should take any prescribed pain medication or supplements as needed for discomfort.
10. Eat a well-balanced diet and drink plenty of water. Supplement your meals with a multivitamin, Omega3s, and 500-1000mg of Vitamin C to help your body cope with the stress of pain.
11. If you experience constipation while on pain medication, use a stool softener, Magnesium Oxide, or one tablespoon of Metamucil.
12. You may take anti-inflammatory medications (Advil, Aleve, etc.) or supplements (XFlame, etc), if needed.
13. **In the event of severe headaches or progressive weakness/numbness please notify our office and go to the nearest Emergency Room.**

IF YOU DON'T ALREADY HAVE A FOLLOW UP APPOINTMENT PLEASE CALL THE OFFICE WITHIN 24 HOURS AFTER YOUR PROCEDURE TO SCHEDULE YOUR TWO-WEEK PROCEDURE FOLLOW-UP.