

Christopher Faubel, M.D.
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Physical Medicine & Rehabilitation
Interventional Pain Management
Electrodiagnostics



POST-PROCEDURE INSTRUCTIONS

BATHING:

- You may resume your normal bathing tomorrow.
- You may resume your normal showering tonight.

BANDAGES:

- You may remove all band-aids today.

ACTIVITY LEVEL:

- You may resume your normal activities 24 hours after your procedure.
- If you took an oral sedative before the procedure, do not drive or operate heavy machinery for several hours.

MEDICATIONS:

- Continue to take all your other medications as directed by your primary physician unless otherwise instructed.
- Pain medications should be taken only as directed.
- You should continue to depend upon your primary physician for your medical management of conditions not related to your spine/joint treatment.

NUMBNESS:

- You may experience some numbness for several hours following your treatment. This means you should exercise caution in using those areas which are numb.
- You may notice a difference in the degree of numbness after each treatment. The effectiveness of the treatment does NOT depend upon the degree of numbness
- Do NOT apply heat or cold for more than 10 minutes at a time to the area until sensation has returned.
- If you received a “numbing of your facet joints” today, call either Lauren or Matt in 4-5 hours to let us know:
 1. What percentage of pain relief you had in the treated area
 2. How long the relief lasted

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POST-PROCEDURE INSTRUCTIONS (continued)

DISCOMFORT:

- To help prevent discomfort at the injection site, you should apply a cold pack to that area for 10 minutes every hour up to 3-4 times the day of the procedure. No heat over the area for 24 hours.
- It is NOT uncommon for you to notice an increase in discomfort or a change in location of discomfort up to 24 hours after your treatment. If this occurs, apply a cold pack and take any medications your physician has prescribed.

WHEN TO SEEK MEDICAL HELP:

- Redness or swelling around the injection site
- Fever of 101°F (38.4°C) or greater
- Drainage (pus) from the injection site
- For any continuous bleeding (some dried blood over the incision is normal)

FOLLOW-UP:

- Return to the clinic _____
Remember: It can take 1 to 14 days for the cortisone effects to really start working.
- You have been scheduled for your next injection _____. If you have complete resolution of your pain, please call and cancel your next procedure. If your pain is unchanged or a new pain arises, please call to schedule a clinic visit.

FOR EMERGENCIES:

- If any unusual problems or difficulties occur, call
- Dr. Faubel's assistant Lauren: **815-991-2640**
- Dr. Malalis' assistant Matt: **815-991-2619**
- Note: Please leave a message if we are not at our desk to answer the phone
- **If the problem is severe enough, call 911 immediately.**