

ospinamedical

Post-Procedure Care Instructions

Please refer to these guidelines following any procedure done at Ospina Medical:

After any procedure, there are some small risks of bleeding, headache, or infection. These chances are very low. If you are experiencing fever, chills, or headaches after the procedure, please contact the office as soon as possible at **(212) 715-0888**.

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 or take any over the counter medications, as instructed by the provider.

Any prescribed medications may be continued after your procedure, with your physician's consent. If you stopped taking blood thinners, with your prescribing physician's consent, 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, chiropractic, acupuncture, yoga, or Pilates please wait 2 days before resuming

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Post IV Sedation Care Instructions

Please follow these guidelines and suggestions after receiving IV sedation at Ospina Medical:

Your concentration, balance, coordination, and judgement may be impaired for several hours after receiving IV sedation, and we **strongly suggest** that a responsible adult be with you upon leaving the office and for the remainder of the day.

Please take into consideration these restrictions during the next 24 hours, following IV sedation:

- Do not operate any type of heavy machinery, including a car or other vehicle.
- Do not drink any alcoholic beverages, as you may be more sensitive to the intoxicating effects of alcohol.
- Avoid making any important legal or financial decisions, or sign any legal documents, as you may not be able to think clearly.

You may resume a normal diet after you leave the office. If you experience any nausea, start by consuming liquids and gradually working your way up to solid foods. You may also resume any of your prescribed medications, with your doctor's consent. Try and avoid medications that can cause drowsiness, such as muscle relaxers, opiates, or benzodiazepines, until you are fully recovered.

If you have any questions, do not hesitate to call the office at (212) 715-0888 or email us at info@ospinamedical.com.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.