



## Post-Operative Instructions for RFTC

### General Instructions

Most of our procedures are performed under sedation. You may feel lightheaded, dizzy, and fatigued. Sedation may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 12 hours and/or while taking pain medications.
- **Do Not** drive, operate other motorized vehicles, or operate heavy machinery today, or while taking pain medication.
- We recommend that a responsible adult should remain with you for the remainder of the day for your safety and to assist you.
- Advance to a normal diet as tolerated.
- Avoid strenuous activity or exercising; we recommend that you go home and **rest** for 24 hours. This will help maximize the benefits of the injection.
- Avoid baths, pools, hot tubs, and the ocean for 72 hours to prevent infection.
- You may experience numbness, tingling, and/or weakness due to the use of a local anesthetic. This should subside within 6-12 hours. Call your physician immediately if it increases or does not resolve.
- You may experience facial flushing, insomnia, and/or restlessness if your injection contained steroids.
- You may shower the day after your procedure.
- You may remove your band-aid or dressing tomorrow.
- It will take 1 to 2 weeks to experience an improvement of your symptoms.
- You may feel a burning sensation (sun burn feeling), this is common and will gradually get better over the next week.

### Medications

- Resume all your normal medication, unless otherwise instructed by your physician.
- Take pain medicine with food: as prescribed by MD for pain.
- Resume your blood thinner tomorrow, If Applicable.
- If you are a **diabetic**, your blood glucose level may increase due to steroids. Monitor your symptoms and glucose levels closely for 24-48 hours. Notify your diabetes doctor if elevated.

### Ice

- You may experience some discomfort at the injection site for 1-2 days.
- We **strongly recommend** you to: Use **ice** for at least the first 24-48 hours; however, you may continue to use it as needed after that. Apply to injection site for 10-20 minutes, remove for 20 minutes to allow skin to return to normal temperature.
- No heat for the first 3 days.

### Follow-up Appointment

- An appointment should be made for you to be seen 7-14 days post-operatively. Please call your doctor's office to set this up or if you have any questions regarding date/time.

**Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment or Call 911.**

- Fever greater than 101 degrees.
- Shortness of breath or difficulty breathing.
- Redness, swelling, excessive bleeding, or foul-smelling drainage.
- Persistent nausea or vomiting.
- If you experience any sudden increase in numbness or weakness of your extremities.
- If you experience out of control pain or severe headache i.e.: pain that is not relieved with your prescription pain medications.