



8731 Park Plaza Dr.  
Suite B  
Shreveport, LA 71105  
318-703-2643 (center)  
318-703-2645 (fax)

### Instructions for Postoperative Pain Procedures

To assure your safety and uncomplicated recovery, we suggest you follow these instructions:

1. **DO NOT** ambulate without assistance post-procedure as you may have weakness in your lower extremities. Please report any residual weakness to your nurse prior to discharge.
2. **DO NOT** drive or operate any machinery or power tools.
3. **DO NOT** drink alcohol.
4. **DO NOT** make any important decisions or sign legal documents.
5. **DO NOT** perform any activity requiring alertness or coordination.
6. We suggest that a responsible adult remain in contact with you for 24 hours.
7. You may resume your regular diet unless otherwise instructed.
8. **You may continue with your routine medications and pain medications unless otherwise instructed.**
9. No heavy lifting for 24 hours.
10. You may apply ice packs to your injection site.
11. If you received injections in your lower back region, you may experience temporary numbness in your legs. This should subside within 24 hours. Report increased numbness, weakness, fever or chills occurring within 24 hours to clinic staff.
12. Please check with the front desk about your follow up appointment.
13. If you have Diabetes Mellitus and are required to check your blood sugar daily, please notify your treating physician if your blood sugar does not return to baseline within 48 hours.

**Additional Instructions:**

**Signature:** \_\_\_\_\_ **Witness:** \_\_\_\_\_

**Date/Time:** \_\_\_\_\_