



## **Post-Procedure Instruction for Lincoln Likness, DO and Jason Lee, DO**

1. Apply ice to the procedure site as needed for discomfort, 20 minutes on, 20 minutes off.
2. Remove Band-aid when you get home.
3. Keep injection site clean for 24 hours. May resume shower tomorrow. May resume bathtub or pool submersion in 24 hours.
4. Resume all medications following the procedure as normally scheduled.
5. Resume normal diet and previously tolerated activities post procedure as able.
6. Do not immediately increase your activity or exercise more than your previous tolerance level prior to the procedure on the first day.
7. Some procedure may result in temporary numbness or weakness in the limb. Use caution with activity. For the initial three hours following a procedure, this finding is typically normal and will resolve.
8. Notify Dr. Likness or Dr. Lee immediately at Hudson Physicians clinic if you develop fever greater than 100 F, drainage at the injection site concerning for infection, intense and severely increasing pain, or new neurological deficits.
9. Follow up at Hudson Physicians clinic within 1-2 weeks from the procedure date. Please call Hudson Physicians to schedule your appointment at 715-531-6800 if it is not already scheduled.
10. No driving or operating machinery on the day of the procedure if a steroid was used.
11. If you are diabetic, check your glucose (sugar) as you normally do or up to four times per day. Report any elevated glucose over 400 to Dr. Likness or Dr. Lee or your diabetes provider.
12. It may take up to 2 weeks to notice symptom improvement if a steroid was used.