COMPREHENSIVE PAIN
MANAGEMENT SPECIALISTS

P.O. Box 501724, San Diego, CA 92150
Phone 858.453.7700 Fax 858.798.1225

Post Procedure Instructions

In the first 24 hours:

- No baths or hot tubs
- Sore at the site of the injection
- Exacerbation of your pain symptoms is not uncommon and will reside as the medication begins to be absorbed.

Activity level until your follow up appointment:

- Plan on taking it easy the first 24 hours. It is ok to resume your normal activities after the injection.
- Plan on limited strenuous exercise, stretching or activities until your scheduled follow up appointment.
- If you have one or more of the following call Dr. Chisholm, Dr. Chong, Maria Aceves, PA-C and Lindsay Eggen's office immediately at 858.453.7700
- Fevers greater than 100 degrees
- Chills
- Night Sweats
- Questions for your provider at your next appointment.

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