



Center for Pain and Headache Medicine

Guardian Medical Care

Post-Operative Instructions - Special Instructions **AFTER** your Procedure

- **DIET:** For the most part, you may gradually return to a regular diet two hours after the procedure (use common sense). If you feel nauseated or sick to your stomach, you should drink small sips of clear liquid (broth, apple juice, ginger ale, tea or Jell-O). If these liquids do not make you sick to your stomach, try eating soft foods like potatoes, rice and pasta. Eat any nourishing foods that can be eaten with comfort. After procedures, diabetics need to maintain their normal diet as much as possible and follow your physician's instructions regarding your insulin schedule. Proper nourishment aids in the healing process.
- **HYGIENE** (applies only for needle procedures. If you have a scar/sutures you will have different instructions): Since you have showered prior to the procedure, please do not disturb the surgical area today. Leave the dressings or bandages as placed unless they are soaked with drainage. For the most part you should not need to replace these bandages, unless some oozing continues (applies only to limited types of procedures). The next day you may shower with soap and water and pat the area dry, no rubbing. **DO NOT** submerge your body in water (bath, pool or spa) for 48 hours following the needle procedure.
- These are general guidelines and some procedures have specific post-operative recovery time. As a general rule, some pain (minor) may present within 24 hours after the procedure in the injection site and may last up to 48 hours. Use ice and rest techniques appropriately.
- Please call us if there are any unexpected symptoms. Use common sense and if necessary you may go to the emergency room for unexpected severe pain or weakness. If the needle or surgical site becomes red, inflamed, draining occurs or if you become febrile, please come to our office for examination.

Patient Signature

Patient Name (Printed)

Date

Or person legally authorized to sign for the above-mentioned patient:

Signature

Printed Name

Relationship

Date

Center for Pain and Headache Medicine

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