

After Your Injection for Pain Control

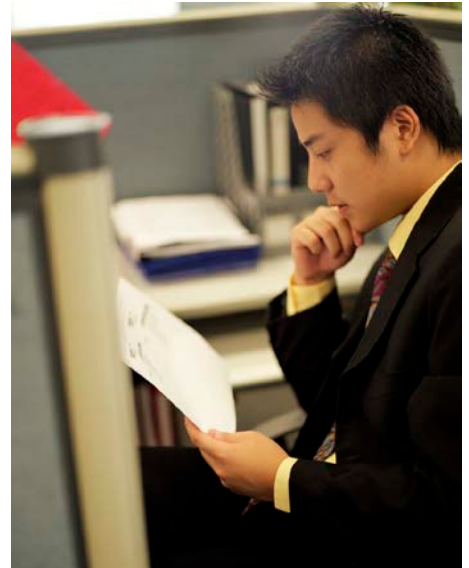
Self-care and what to expect

This handout explains what to do and what to expect after having an injection for pain control. Please follow these instructions closely.

For Your Safety

If you received *sedation* (medicine to make you relax), it can affect you for a full day after your procedure. For your safety, **for 24 hours after your injection:**

- Do **not** drive.
- Do **not** use machinery or power tools.
- Do **not** drink alcohol.
- Do **not** take medicine such as tranquilizers or sleeping pills, unless your provider has told you to.
- Do **not** take Compazine (prochlorperazine, a medicine for nausea).



Carefully read and follow all the instructions in this handout after your injection for pain control.

What to Expect

- You can eat your meals and take your medicines as usual, unless your provider has told you otherwise.
- Most people feel a warm sensation and a mild increase in pain after the injection. The pain can last just a day, or several days. If needed to ease pain and discomfort during the first 24 hours, you may apply ice to the site for 20 minutes on and 20 minutes off. After 24 hours, you may use heat to ease discomfort if needed.

When to Call

After your injection, call one of the numbers under “Who to Call” if you have:

- Severe pain
- New symptoms

- Any of these signs of infection:
 - Fever higher than 100.4°F (38°C) for 2 readings taken by mouth, 4 hours apart
 - Increased redness or swelling around the injection site
 - Any drainage from the injection site

Who to Call

If you are a patient at:

- Harborview Pain Relief Service, call 206.744.7065
- UWMC-Roosevelt Center for Pain Relief, call 206.598.2442

Follow-up

Pain Diary

You may be given a pain diary to complete. Bring the completed diary to your follow-up visit. We will use this information to decide the next step in your treatment plan.

Follow-up Visit with Your Provider

Please call your referring or treating provider _____ weeks after your injection. Set up a time to talk with your provider about the results of your injection.

Your provider: _____

Phone: _____

Questions?

Your questions are important. Call one of the numbers below if you have questions or concerns.

UWMC-Roosevelt Center for Pain Relief: Call 206.598.2442
24 hours a day, 7 days a week

Harborview Pain Relief Service: 206.744.7065