

ADVANCED PAIN MEDICINE, PSC

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Lexington, KY 40509

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Trigger Point Injection (TPI) Discharge Instructions

After your injection(s) today:

- * Do not engage in any strenuous activity or heavy lifting
- * Resume your regular diet
- * Drink plenty of fluids
- * You may remove any band-aids tonight
- * Rest
- * Take your usual medications as prescribed

You may experience a sensation of warmth, tingling, or numbness at the injection site(s) for up to 2-6 hours following the procedure.

If you experience shortness of breath (particularly after upper back or chest injections) or severe swelling, please call Advanced Pain Medicine, PSC as you may be directed to go to an emergency care facility for immediate evaluation.

You may also experience some discomfort in the area where your injection was performed. If so, apply ice for the first 48 hours, then alternate ice and heat.

Please keep in mind that the steroid injection for your procedure may not begin working until 48-72 hours after the procedure. It may take several days before you notice the full effect of your injection.

Please notify Advanced Pain Medicine, PSC if you develop any of the following:

- * Increased pain greater than one week
- * Drainage or increased pain at the injection site(s)
- * Fever of 101 F or greater that does not resolve with medication
- * Unusual or new symptoms

Diabetics: The steroid may increase your blood glucose level. Be sure to monitor your blood sugar closely and manage it with the help of your physician.

Women: It is possible that the steroid may alter your menstrual cycle.

Advanced Pain Medicine, PSC is open Monday - Friday, 8 A.M. - 5 P.M. For emergencies or after hours, call the physician on call at (859) 271-3114. In case of emergency, please go to the nearest emergency room. If for some unforeseen reason you are unable to reach the physician on call, please go to the nearest emergency room.

APM, PSC

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