

**HOLISTIC INNOVATIVE INTERVENTIONAL PAIN ASSOCIATES**

***Dr. Sara Goel, DO***

7700 Main Street, Suite 400  
Houston, TX 77030

Phone: 346-230-4070  
Fax: 281-605-6804

**POST-PROCEDURE INSTRUCTIONS**

**What to expect after your injection?**

- Soreness of the injection site
- Localized muscle spasms around the injection site
- Drowsiness from the IV sedation (if applicable)
- Usual areas of pain may increase intensity temporarily
- Diabetic patients may experience an elevation in blood sugar, please monitor carefully

**Possible non-harmful steroid responses may be:**

- Flushing on the face or redness over the body
- Increase of body temperature by 1 to 2 degrees
- Night sweats
- Fatigue
- Sensitive stomach
- Anxiety, or hyperactivity
- Irregular menstrual cycle (if persists over one month, please contact your doctor)

**Notify your doctor if any of the following occur:**

- Fever 101+ degrees
- Progressive new area of numbness or pain
- Rash, welts, excessive bleeding
- Inability to urinate for more than 8 hours
- Nausea, vomiting, or inability to tolerate clear liquids
- Severe headaches that subside with lying down

**When to go to the emergency room?**

- Difficulty breathing or painful respirations
- Chest pain
- Immobility
- Uncontrollable leakage of urine or stool.

**ADDITIONAL INFORMATION:**

ACTIVITY: If possible, rest for the remainder of the day. Do not operate heavy machinery for 24 hours.

DIET: Regular diet is allowed. Avoid alcoholic beverages for 24 hours.

WOUND CARE: Band-Aid may be removed after 24 hours. Does not need to be replaced.

MEDICATION: resume regular medication, if on blood thinners resume according to clearance

BATHING: showers may be taken later in the day, bathing is allowed the following day.