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1. EMERGENCY: If you have an emergency or serious problem/complication **related** to your pain procedure, go to the nearest Emergency Room. Do not wait for instructions from Dr. Lee. **Dr. Lee: (909) 593-1002.**

2. ACTIVITIES: Limit yourself to light activities today. Do not drive a motor vehicle, operate heavy equipment, or sign important documents for 24 hours. Resume your normal activities (including work) tomorrow.

3. DIET/HYGIENE: Resume your usual diet (see #11 below if you had stellate ganglion block). You may shower today, but do not sit in a tub of water until your injection site(s) are healed. Bandages/band-aids can be removed.

4. CARE OF THE INJECTION SITE(S): If you have soreness/pain at the injection site(s), apply an ice pack (20mins on/20mins off for 4-5 times per day). Starting tomorrow, you may apply ice or heat.

5. PAIN RELIEF: The majority of patients will obtain at least 50% pain relief, usually within a few days but up to 2-3 weeks after the procedure. Your pain may get worst (e.g. up to several days-weeks) before it gets better.

6. HOME MEDICATIONS: Resume your medications today **except** blood thinners. If you are taking blood thinners (example: Coumadin/warfarin, Plavix/clopidogrel, and Pletal/cilostazol), restart them **tomorrow**.

7. INFECTION: In the **rare** event you have fever (temperature over 100.5 F), chills, redness, swelling, drainage, and/or increased tenderness at the injection site(s), call Dr. Lee. If he is not available, go to the Emergency Room.

8. NEW NEUROLOGICAL SYMPTOMS: In the **rare** event that you have **new onset** weakness (e.g. hand or leg paralysis), **new** loss of bladder/bowel control, or other neurological changes, go to Emergency Room & call Dr. Lee.

9. HEADACHE: If you experience a **new onset** headache, drink plenty of fluids (with caffeine, if not restricted by another physician), and lie down. Call Dr. Lee. If he is not available, go to Emergency Room.

10. STEROID/DRUG SIDE EFFECTS: Occasionally, you may have side effects from the steroid, usually lasting a few days to 2-3 weeks. They may incl. blood sugar increases (e.g. diabetics), weight gain, swelling, skin redness or flushing, mood changes (happy/sad/anxious), poor sleep, upset stomach/nausea, high blood pressure, and dizziness/headache.

11. For STELLATE GANGLION BLOCK patient only. You may eat only when your voice is normal. Begin with sips of water and progress to solid food as tolerated. If you experience any changes in your normal breathing pattern (shortness of breath or pain when breathing) or increasing swelling of the neck, go to the Emergency Room immediately. Tell them you received a “stellate ganglion block.” It is normal to experience any of the following symptoms up to 8 hours after the procedure: droopy eyelid, red or blood shot eye, nasal stuffiness, tearing, hoarse voice, sensation of a “lump in your throat”, sensation of warmth, tingling, or weakness in your arm/hand.