

ADVANCED PAIN MEDICINE, PSC
1745 Alysheba Way, Suite 140
Lexington, KY 40509
Phone: 859-271-3114
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Intercostal Block Discharge Instructions

After your injection(s) today:

- * Do not engage in any strenuous activity or heavy lifting
- * You may remove your band-aids tonight
- * Resume your regular diet
- * Rest

You may experience any of the following after your procedure:

- * Sensation of warmth, tingling, or numbness at the injection site(s) for up to 8-12 hours after your procedure.

You may use ice to decrease discomfort and inflammation at the injection site for 24-48 hours after the procedure.

The steroid injection may not begin working for 48-72 hours after the procedure. It may take several days before you notice the full effect.

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

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

- * Any redness that does not go away within a day
- * 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

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.

