

Pain Management Procedures FAQs

When can I expect relief and how long will it last?

A patient may experience relief immediately following certain procedures while others take up to 72 hours. Relief may last a matter of hours or days if it's diagnostic, while others provide long-term relief. Keep track of how long and how much relief you experience to share with us at your next scheduled appointment. Steroid injections may result in a temporary increase in blood glucose levels.*

What can I do for pain and discomfort?

Cold packs are recommended, as are over-the-counter Tylenol or NSAIDs such as Motrin or Aleve.* Avoid using heat for the first 72 hours.

When can I return to work and my daily activities?

You can return to work and resume your typical daily activities right after the procedure. If you were sedated, you may drive the next day. You may shower the same day as your procedure but avoid sitting in a bathtub for the first 48 hours.

What comes next?

A patient typically receives 2 injections spaced 2 weeks apart. You will then be seen in the office to decide whether a 3rd procedure is warranted.

Why do I have to wait 2 weeks?

Check with your insurance provider, but most insurance companies only allow for 2 visits per month, so procedures and office visits must be at least 14 days apart.

***Remember: No scheduled medications may be ordered over the phone.**

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