

# NEW JERSEY SPINE AND PAIN INSTITUTE, LLC

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Interventional Spine and Pain Management  
Diplomate American Board of Physical Medicine and Rehabilitation  
Diplomate American Board of Pain Medicine

## Hospital affiliation:

Saint Clare's Health system, Denville, NJ  
Chrit Hospital, Jersey City, NJ  
Bayonne Medical Center, Bayonne, NJ

## POST PROCEDURE CARE

### INSERTION SITE CARE

- Ice packs, if needed for the 1st 24 hours.
- Warm moist heating pads after that.
- May alternate ICE & HEAT every 10 minutes.

### ACTIVITY

- Take it easy today, rest for 24 hours.
- Increase activity as tolerated.
- If you have weakness or numbness anywhere caused by the pain block, limit activity until sensation returns to normal.
- You may take a shower the next day & remove the band-aids.
- Avoid tub baths, whirlpools and swimming pools for the next 2-3 days.

### DIET

- Drink plenty of fluids.
- Resume normal diet as tolerated

### WHAT TO EXPECT AFTER THE PROCEDURE

- You may experience increased pain for 24 hours to 5 days after the injections, or a stiff, full, tight feeling. This is normal.
  - You may have bruising at the injection site. If so, apply ice.
  - Your pain may take **several days** to go away. This is because the steroid medication you received can take up to 72 hrs to become effective. Maximum steroid effect will usually be seen in 7 to 10 days.
  - You may have **increased pain** for several days after the procedure.
- If this occurs:

- a. Rest your back 24-48 hrs**
- b. Ice the back 10 minutes on then off several times a day**
- c. Use ice and heat as needed.**
- d. Take your pain medication as prescribed**

- When your back/legs feel better **do not be tempted to over do** your activity.
- Make sure to call the office for the **follow-up appointment** within 48hrs of your procedure.
- **Do not** drive a vehicle, drink alcohol, or operate machinery for 24 hrs from your procedure if you received any sedation.
- Please call the office if you have any unusual problems not covered in this document.

### NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Any skin rashes, hives, shortness of breath, or wheezing.
- An increase in your level of pain unrelieved by regular means.
- Persistent nausea or vomiting.
- Persistent headache which worsens upon sitting or standing.
- Chills/fever (temperature greater than 101 F).
- To help us check the results of your pain block, please note if and when your pain returns. Also, record the time you begin taking any pain medications.
- Any other questions/concerns call the doctor's office.

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