

**POST PROCEDURE INSTRUCTIONS  
PAIN MANAGEMENT**

**AFTER SEDATION INSTRUCTIONS:**

If you received general anesthesia, I.V. sedation or certain nerve blocks your judgment and/or motor function may be impaired for up to twenty-four (24) hours and possibly longer.

**DURING THIS PERIOD:**

**No sleeping pills or tranquilizers** for 24 hours unless otherwise ordered by doctor.

**DO NOT** drive a motor vehicle.

**DO NOT** operate complicated machinery.

**DO NOT** make important binding decisions.

**DO NOT** drink alcoholic beverages.

**POST PROCEDURE INSTRUCTIONS**

**NOURISHMENT:**

We suggest you drink clear liquids (cola, 7-Up, Tea, apple juice) and if you have no nausea or vomiting progress to your regular diet as tolerated.

If you have not passed urine within 6 hours of leaving the center, please contact your physician.

**ACTIVITY:**

Rest today, no strenuous activities.

Ice to injection site for 20 minutes 3-4 times today.

May resume normal activity as tolerated tomorrow.

**MEDICATIONS:**

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Date: \_\_\_\_\_ for :  **FOLLOW UP APPT.** - Time: \_\_\_\_\_

**NEXT PROCEDURE** – Time: \_\_\_\_\_ or Will call with time

**CALL YOUR DOCTOR IF ANY PROBLEMS DEVELOP:**

**Dr. Graybill:** (817) 731-9400 ext. 120

**Dr. Hooker:** (817) 731-9400 ext. 132

**If unable to reach your physician and you feel it is an emergency please go to the nearest Emergency Room.**

I have read and understand the following instructions and have been given an opportunity to ask questions.

Responsible Adult/Patient: \_\_\_\_\_

Relationship: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_