

General Post-Operative Instructions for Pain injection

Recovery Period:

- Initial 24 Hours:
 - Avoid driving and operating any machinery.
 - Refrain from consuming alcohol.
 - Do not take aspirin or ibuprofen.
 - Resume all other regular medications.
- Following 48 Hours: Limit strenuous activities and heavy work.

Care and Comfort:

- Diet:
 - Normal diet can be resumed after the initial 24 hours.
 - If experiencing nausea or vomiting, wait one hour and then begin with clear liquids.
- Pain and Swelling Management:
 - Apply ice to the treated area for 20-minute intervals for the first 2-3 days.
 - Avoid applying heat to the treated area for the first 2 days.
- Hygiene: Do not shower or remove any bandages until the morning after the procedure.

Follow-up and Contact:

- Schedule a follow-up appointment with the office.
- Contact the office immediately if any unusual symptoms or signs develop.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.