

POST PROCEDURE INSTRUCTIONS

DAY OF / AFTER THE PROCEDURE

- Following discharge from the hospital, it is recommended that you rest at home for the rest of the day and for at least 24 hours post-procedure, you should aim to relax as much as possible.
- Do not drive for at least 24 hours following the procedure.
- Resume taking your medications as prescribed.
- The plaster can be removed after 24 hours, and you can then have a bath or shower as normal. Before the plaster is removed, avoid getting the injection site wet.
- Limit walking or prolonged periods of sitting.

RESUMING WORK ACTIVITIES

- Generally, most patients resume working 1-3 days following the procedure.
- If you experience a flare up of pain, and require a medical cert, please contact the office.
- Limit heavy lifting for the first week and then increase as tolerated.
- Limit excessive bending, twisting, reaching, or climbing for 1 week.

RESUMING EXERCISE

- It is recommended that you avoid strenuous exercise for at least 5 days after the procedure.
- If you are still experiencing pain after 5 days, do not begin exercise until the pain has eased for a number of consecutive days.
- When beginning exercise, low impact activities are recommended such as swimming and walking.
- Running should be avoided for at least 2 weeks after the procedure and progress slowly from walking to light jogging as tolerated.
- Contact sports such as football and rugby as well as golf should be avoided for at least 2 weeks after the procedure.
- Light stretching can be resumed after 1 week if you are not experiencing pain.
- Light weights can be resumed after 2 weeks generally.
- Following the procedure, lumbar stressing exercises (i.e., squats, lunges, burpees) should be avoided for 2/3 weeks.

ENGAGING IN PHYSIOTHERAPY

- Engaging in physiotherapy is important to your overall rehabilitation. You should engage with physiotherapy approximately 2 weeks after rhizolysis / PRF / epidural procedures and 4 weeks post-lumbar/cervical rhizotomy procedure.
- If you do not attend physiotherapy already, Pain Medicine Ireland recommend [DBC Physiotherapy](#) who offer specialist Back, Neck Shoulder, Upper and Lower Limb rehabilitation with locations in Ashleaf, Athlone, Bray, Mullingar, Naas and UCD.

COMMON SIDE EFFECTS – NO CAUSE FOR CONCERN

- Some soreness / bruising after the procedure is normal and may last for 24-48 hours.
- Flare up of pain, especially after Rhizotomy, for approximately 1 week / 10 days is normal and usually settles.
- Nausea is not uncommon following sedation.

RARE SIDE EFFECTS – GET IN TOUCH

- Allergic reaction to the medications used in the procedure or sedation is possible but can be treated on the day.
- Infection is extremely unlikely with the possibility minimised by the use of sterile techniques in an operating theatre. The needles are all disposable. However, if you experience a fever and chills (rigors) alongside redness, swelling or drainage at the injection site, please get in touch with the office or attend GP / local Emergency Department.
- An increase in numbness or weakness in the arms or legs
- Changes in bowel or bladder function

REVIEW APPOINTMENT

- You will be offered a post-procedure review appointment however if you do not hear from us 7 days after your procedure, please make contact by calling 01 531 0079 or emailing office@painmedicine.ie / philip.hu@imeddoc.net.