

Webster Surgery Center  
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Oakland, CA 94609  
(510) 451-1875

Dr. Ravi Panjabi

Post-operative Instructions

**DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS.**

Some anesthetics have delayed metabolism and can interfere with the ability to perform these tasks.

**DO NOT DRINK ALCOHOLIC BEVERAGES FOR 24 HOURS.**

**DO NOT MAKE IMPORTANT DECISIONS OR SIGN LEGAL DOCUMENTS UNTIL THE NEXT DAY.**

**DO NOT EAT HEAVY OR LARGE MEALS UNTIL THE NEXT DAY.**

A heavy meal may be difficult to digest. Spicy and greasy foods should be avoided.

**DO NOTIFY PHYSICIAN IF YOU HAVE NOT VOIDED WITHIN SIX HOURS OF DISCHARGE.**

**What to expect from your procedure:**

You may experience any of the following symptoms: Drowsiness, nausea, muscle soreness, muscle spasm, and/or increasing pain.

*Selective Nerve Root Block:* You may experience low back aching or an increase in leg pain for 1 to 3 days. You may experience numbness or tingling for up to 24 hours.

*Facet Joint Injection:* You may experience low back/neck pain and stiffness for 2 to 7 days. Improvement in your baseline condition may be noted as early as 3 to 5 days, but it may take 2 weeks for a significant effect to be noted.

*Epidural Injection / Discogram:* You may experience low back/neck pain for 1 to 2 days. You may experience an increase in leg / upper extremity pain for 2 to 3 days. Improvement in pain will often be noted in the first 2 to 3 days, but may be delayed for as long as 10 to 14 days. IF YOU HAVE HAD AN EPIDURAL INJECTION, EXERCISES CAN BE RESUMED IN 5 TO 7 DAYS.

*Stellate Ganglion Block:* You may experience sore throat, hoarse voice, and/or droopy eyelid on side of injection. **DO NOT EAT OR DRINK ANYTHING FOR 5 TO 6 HOURS AFTER SURGERY.** Start with small sips of fluids when you can swallow without problems, and advance slowly to a regular diet. IF YOU HAD A STELLATE GANGLION BLOCK OR SYMPATHETIC BLOCK YOU CAN RESUME EXERCISE AT ONCE.

**General Post-Procedure Instructions:** Icing the area of injection for 20 minutes at a time, 3 times a day for the first 1 to 2 days following the procedure will reduce local soreness. On the second or third day, heat may feel better. Use ice and heat with caution if the skin is numb.

- Call Dr. Panjabi's office (510) 582-8555 the day after your procedure to schedule a follow-up appointment
- Call your referring doctor to schedule a follow-up appointment
- Come back for a second injection. Call Dr. Panjabi's office to schedule an appointment

CALL PHYSICIAN IMMEDIATELY FOR: Fever over 101° or skin rash, uncontrolled nausea, redness around the injection site, severe pain, numbness or tingling lasting longer than 24 hours at (510) 582-8555 or after hours through the answering service at (510) 727-4309.

**IF YOU ARE UNABLE TO CONTACT YOUR DOCTOR IN AN EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.**