

Date: _____

It is important that you notify our office if you go to the hospital or emergency department within 10 days of today's procedure. Please contact our office as soon as possible at 647-722-9696.

Pre and Post Procedural Instructions

Dr. Visnjevac Dr. Chue Dr. Yao Dr. Van Oostrom Dr Rosso Dr. Catapano

- Epidural Steroid Injection _____
- Facet Joint Injection / Medial Branch Block / Paravertebral Block _____
- Sacroiliac (SI) Joint Injection _____
- Joint Injection _____
- Radiofrequency Ablation / Pulsed Radiofrequency _____
- Other: _____

What to Expect

- Following certain injections, you may find that your limbs and injected area may feel weak and you may experience a tingling sensation due to the local anesthetic
- You may temporarily require the use of a cane, wheelchair or walker, especially if you already use one
- We ask that if you have an assisted walking device at home that you bring it in for your appointment
- You may be somewhat achy or sore after the procedure. This is common and will usually get better on its own. It is okay to take your usual pain medication if you need it. Ibuprofen and Tylenol can be considered if you do not have a medical reason not to take either one.
- You must have someone drive you home following the injection

Key Points to Remember

Activity

- The band-aid applied after your injection, you may remove it after several hours. Avoid immersing the injection site in water for at least 24 hours (swimming pools, hot tubs, baths)
- You may want to do less than normal for a few days. You may also be able to return to your normal daily activities 1-2 days following the injections if you feel you are able to, unless otherwise instructed

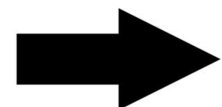
Medications

- Unless otherwise instructed, you may resume your usual medications
- If you were asked to stop taking your aspirin or blood thinner before the injection, you may restart it 24 hours after the procedure

Ice

- If the site of your injection feels sore or tender, put ice or a cold pack on it for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin. Do not do this in the first 24 hours after your procedure. Keep the site dry.

Follow-up care is a key part of your treatment and safety. Please complete your follow-up questionnaire 6 weeks after your procedure. See back of sheet for further instructions.



Call **911** anytime you think you may need emergency care, for example:

- You passed out (lost consciousness)
- You have trouble breathing

If you experience any of the following, call our clinic at 647-722-9696:

- You have new pain or your pain gets worse
- You have new numbness or weakness in your arms/legs
- You have new loss of bowel or bladder control
- You have signs of infection, such as:
 - Increased swelling, warmth, redness or discharge (pus, blood, fluid)
 - Fever over 38.0 degree Celsius
- You have a severe headache following an injection that last more than a day and isn't helped by regular pain medications
- If you are admitted into the hospital unexpectedly within 10 days of having an injection

If you call and cannot reach a team member, please leave a message and go to the nearest emergency room/seek immediate medical care.

Regards,
Bloor Pain Specialists Team

NEXT SCHEDULED PROCEDURE: _____

ADDITIONAL SCHEDULED PROCEDURES: _____

PROCEDURE FOLLOW-UP QUESTIONNAIRE

6 weeks after your procedure please scan the below QR code or go to the below website to complete your follow-up questionnaire. This will help us to assess your level of success with your recent procedure at Bloor Pain Specialists. PLEASE COMPLETE THE QUESTIONNAIRE NO EARLIER THAN 6 WEEKS AFTER PROCEDURE. If you have any questions prior to this date, please do not hesitate to contact our office at 647-722-9696.

Fill out your questionnaire at:

<https://tinyurl.com/4hh737ne>

Or use the QR Code:



**GO TO this link or SCAN code
6 WEEKS AFTER YOUR LAST
PROCEDURE TO FOLLOW UP**

*Take a picture of this code using the camera on your phone
It will provide you with a link to your questionnaire*

Watch closely for any changes in your health and be sure to contact Bloor Pain Specialists if:

- You do not get better as expected.
- You can call us at 647-722-9696 or email us at patients@BloorPain.com

Thank you in advance for taking the time to complete the questionnaire. Keep in mind that you may need a repeat procedure in the future. For Steroid (cortisone) procedures, typically no sooner than 3 months. For Radiofrequency procedures, usually 3-6 months, or more. When/If the pain returns, please give us a call so we can schedule you accordingly.