



Andrew M. Gross MD

Post –Procedure Instructions

- Adhesive bandages should remain dry for 24 hrs, at which point it could be removed.
- Apply ice (20 min at a time) at the injection site for the 1st 24 hrs.
- Avoid strenuous activity and heavy lifting until after further instructions on your follow-up post-procedure visit.
- No driving or operating of heavy machinery for 24 hrs.
- Can re-start anti-inflammatories, aspirin and coumadin after the procedure.
- Can start eating as soon as desired after the procedure. An exception would be if you had a stellate ganglion block. If you had this procedure, you may experience difficulty swallowing or hoarseness up to 4-8 hrs after the procedure. When your voice has returned to normal, you may eat. Start by first drinking a sip of water with a straw and gradually eat solid foods when you are able. Drink liquids through a straw for at least 3 hours after the procedure.
- Follow-up visit after a procedure is generally scheduled in 10-14 days unless told otherwise.