

**MORRIS JAGODOWICZ, M.D.
A MEDICAL CORPORATION
PAIN MANAGEMENT**

**Doctors Medical Plaza
10515 Balboa Blvd., Suite 390
Granada Hills, CA 91344
(818) 360-4949**

PATIENT PRE AND POST-BLOCK INSTRUCTIONS

PRE-BLOCK INSTRUCTIONS:

- 1. Do not eat or drink for 6 hours before your procedure, but you may take your medications with a sip of water.**
- 2. Do not take anti-inflammatory pain medications, aspirin, Coumadin, Plavix, or any other anticoagulants 5 DAYS prior to your procedure.**
- 3. You must bring a DRIVER who can take you home following the procedure.**

POST-BLOCK INSTRUCTIONS:

- 1. 1ST 24hr following your procedure exert only minimal activity.**
- 2. Always keep the injection area clean and dry. Bandage may be removed the following day.**
- 3. Cool compresses (wet towel or ice bag) to the injection area for the 1st six hours as needed. Ice bags should only be used for 15min intervals on and off.**
- 4. Warm compresses to the injection site following 24hr after the procedure. Warming pads should only be used for 15min intervals on and off.**
- 5. Expect moderate irritation and possibly muscle spasm at the injection site for the 1st 24 hrs following the procedure. This is not always the case.**
- 6. For severe pain or numbness, or any evidence of infection at the injection site, please contact the office immediately at 818-360-4949**
- 7. Keep a record of any changes following your procedure; i.e. change in sleep pattern, improvement in symptoms. We will discuss these at the subsequent appointment.**

THANK YOU FOR YOUR COOPERATION