
Discharge Instructions

Sacroiliac Joint Injection

1. Do not drive, drink or operate heavy machinery for 24 hours.
2. You may feel some numbness, tingling or weakness in back, buttocks or legs. If you are concerned about the extent or duration of these symptoms, call the physician's office. Generally, these effects will last 8-24 hours.
3. You may feel increased soreness in the area surrounding the injection for 48-72 hours after the procedure. Applying ice to the area for the first 3 days may reduce this soreness. Additionally, you may take an over-the-counter anti-inflammatory such as Advil or Aleve the day after the procedure. If you already have a prescription for an anti-inflammatory drug or a muscle relaxant, you can continue these medications the day after the procedure.
4. If you notice any redness or fever, call the office.
5. Resume your regular diet.
6. You may resume taking your blood thinners the day after your procedure.
7. You may resume normal activities as tolerated the next day.
8. If you have any questions or problems, call the office. If you feel your situation is an emergency after normal business hours, go immediately to the emergency room or an urgent care center or dial 911.
9. Please call to schedule a follow-up visit with Dr. Waguespack within 2 weeks of having the injection.

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