

# Fluoroscopy Post-Procedure Instructions

- Please have a responsible person drive you home after your procedure. You must not drive or operate heavy machinery for 24 hours after the procedure.
- Take all medication as prescribed.
  - If you take an anticoagulant/antiplatelet medication (blood thinner) but had to stop it prior to your fluoroscopy procedure to minimize the risk of bleeding harm, please speak to your pain specialist about when exactly you should resume this medication.
- Resume your normal diet.
- No bathing/swimming or hot tubs for 48 hours after the procedure. You may shower.
- If the injection site is painful, apply ice pack over the injection site. Put it on for 15 minutes and off for 15 minutes on an hourly basis for 4-6 hours.
- There are no specific restrictions on your activity after the procedure. Pain relief obtained by the procedure should be used to become more active in physiotherapy or occupational therapy or other types of restorative therapy so that you can improve your function.
- If your pain relief is significant, do not immediately participate in rigorous activities that your body is not used to doing. A gradual return to activity is advised. Also, please do not abruptly stop your pain medication; some medications require gradual weaning to prevent withdrawal symptoms - please call the pain clinic for pain medication adjustment advice.
- Complications are rare, but no procedure is completely risk free. There is always a small risk of infection, bleeding, damage to surrounding tissue at the injection site and nerve damage.
- **If you experience the following after your injection, you must seek immediate medical attention by contacting the pain clinic (519-646-6100 ext. 61786) or going to the nearest emergency room.**
  - **Numbness and weakness**
  - **Loss of bowel and bladder function**
  - **Severe back pain.**

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