



**COMPREHENSIVE PAIN**  
MANAGEMENT SPECIALISTS

P.O. Box 501724, San Diego, CA 92150  
Phone 858.453.7700 Fax 858.798.1225

## CPMS Post Procedure Instructions

In the first 24 hours:

- No baths or hot tubs
- Sore at the site of the injection
- Exacerbation of your pain symptoms is not uncommon and will reside as the medication begins to be absorbed.

Activity level until your follow up appointment:

- Plan on taking it easy the first 24 hours. It is ok to resume your normal activities after the injection.
- Plan on limited strenuous exercise, stretching or activities until your scheduled follow up appointment.
- If you have one or more of the following call your provider at our clinic immediately at 858.453.7700
  - Fevers greater than 100 degrees
  - Chills
  - Night Sweats
- Please make sure you have a two-week status post follow up scheduled prior to leaving from your procedure.

I have read and understand my post procedure instructions.

\_\_\_\_\_  
Patient Name (Print)

\_\_\_\_\_  
DOB

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date