

Post Procedure Instructions

1. **Diet:**

Begin with liquids. Then increase to solid food as tolerated.

2. **Activity**

DO NOT walk unassisted if leg is weak or numb. Numbness and weakness should go away within 24 hours after the procedure.

You may drive 24 hours after the procedure if numbness or weakness have resolved and when post-anesthesia sedation has resolved.

If currently participating in water therapy or physical therapy – you may resume 2 days after the procedure, as tolerated.

3. You may shower/bathe after procedure

4. Remove any Band-Aids by the evening of the procedure

5. Notify office with any of the following:

- Leg or arm weakness or numbness
- Change in bowel or bladder function
- Redness at procedure site
- Swelling at procedure site
- Drainage at procedure site
- Temperature above 101 degrees

6. Remember to keep follow up appointment as scheduled.

Call 267-288-5601 or 215-489-9170 with any questions

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