

Post-Procedure Instructions for Dr. Edward Pang's Patients:

1. Limit strenuous exercises today. You may resume normal activities the following day and may resume physical therapy and chiropractic sessions.
2. You may resume your regular diet
3. You may remove Band-Aid(s) / dressing at the end of the day and you may shower
4. Do not apply any topical cream/gel/ointment to the injection site today. You may resume the following day
5. You may use a cold pack/ice at injection site for 15 minutes 3-4 times per day over the next 5 days. Ensure NOT to apply ice directly to the skin.
6. Soreness, stiffness, mild bruising, and muscle cramping may occur at and around the injection site. This should resolve over time.
7. A medication was given at the time of the injection that may make you numb. When the numbness wears off, the pain may return. This is normal.
8. The effect of the medications may require 3-5 days to take full effect.
9. If you are diabetic, you should monitor your blood sugars with more frequent finger-sticks following a steroid injection as it can elevate your blood sugar levels. Ensure to work closely with your primary care physician or endocrinologist with any issue you may have with high blood sugar levels.
10. Please contact Dr. Pang's office at 310-248-7358 if you experience the following:
 - a. Any signs of infection such as redness, discharge, warmth, swelling at the injection site, fever (>100.5 degrees F) / chills
 - b. New or worsening pain
 - c. Chest pain or shortness of breath.If you are unable to contact us and you have worsening symptoms, please go to the nearest emergency room.
11. If you are on any blood thinning medications (such as aspirin, Coumadin, Plavix), please follow the pre-injection check list as to when you may restart your medication.

If you have any questions, concerns, or if you want to reschedule a follow up appointment, please contact Dr. Pang's office at 310-248-7358.