

**MORRIS JAGODOWICZ, M.D.  
A MEDICAL CORPORATION  
PAIN MANAGEMENT**

**Doctors Medical Plaza  
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Granada Hills, CA 91344  
(818) 360-4949**

**PATIENT PRE AND POST-BLOCK INSTRUCTIONS**

**PRE-BLOCK INSTRUCTIONS:**

- 1. Do not eat or drink for 6 hours before your procedure, but you may take your medications with a sip of water.**
- 2. Do not take anti-inflammatory pain medications, aspirin, Coumadin, Plavix, or any other anticoagulants 5 DAYS prior to your procedure.**
- 3. You must bring a DRIVER who can take you home following the procedure.**

**POST-BLOCK INSTRUCTIONS:**

- 1. 1<sup>ST</sup> 24hr following your procedure exert only minimal activity.**
- 2. Always keep the injection area clean and dry. Bandage may be removed the following day.**
- 3. Cool compresses (wet towel or ice bag) to the injection area for the 1<sup>st</sup> six hours as needed. Ice bags should only be used for 15min intervals on and off.**
- 4. Warm compresses to the injection site following 24hr after the procedure. Warming pads should only be used for 15min intervals on and off.**
- 5. Expect moderate irritation and possibly muscle spasm at the injection site for the 1<sup>st</sup> 24 hrs following the procedure. This is not always the case.**
- 6. For severe pain or numbness, or any evidence of infection at the injection site, please contact the office immediately at 818-360-4949**
- 7. Keep a record of any changes following your procedure; i.e. change in sleep pattern, improvement in symptoms. We will discuss these at the subsequent appointment.**

**THANK YOU FOR YOUR COOPERATION**