



POST-PROCEDURE CARE INSTRUCTIONS

On the day of procedure

- You may be sore today, this is normal
- Numbing agent will begin to wear off in 1-2 hours
- **Tylenol** for pain relief is **OK** to take as needed
- Use heating pad to relieve discomfort
- After treatment, heat is preferred. If the pain is more substantial, hot & cold contrast therapy may be used. To do this, apply warm compress or heating pad for 3 mins followed by an ice pack for 1 minute. Alternate 3 times. Ending with heat. This may be repeated up to 3 times per 24 hours.

The following are **NOT** allowed for 8 weeks after treatment

- **NO ASPIRIN, IBUPROFEN, ADVIL, ALEVE, NAPROXEN**
- **NO ICING**
- **NO CORTICOSTEROIDS**

ACTIVITY RESTRICTIONS

- Refrain from high impact activities for 3 weeks
- You may continue all other activities and may be weight bearing in supportive shoe gear. Please contact our office if you are unsure about this or have any other questions.
- Please decrease/no alcohol use for 3 weeks (We want to give your treatment the best chance)

CALL THE OFFICE (808-575-2328) IF YOU EXPERIENCE ANY OF THE FOLLOWING

- Excessive pain in the area of the procedure
- Redness, swelling, or irritation in the area of the procedure
- Fever, chills, headache, body aches or other flu-like symptoms