What are my Care Instructions?

You received local anesthesia during your Radiology Procedure. As the local anesthesia wears off, you may feel some pain and discomfort from your procedure. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may resume showering 24 hours after the procedure.
- Do not swim or take a tub bath for 7-10 days after your procedure.
- Rest in bed for 24 hours except to go to the bathroom or eat a meal.
- Avoid strenuous physical activity including lifting more than 5 pounds, bending or stooping for 48 hours after your procedure.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you to do except for the following:
Blood thinners. Talk to your doctor for instructions before taking blood thinners.

- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

**Special Instructions**

- You can remove the band aid from your procedure area 24 hours after your procedure.
- If swelling or bleeding develops at the procedure site, lie down and hold pressure to the site for 15 minutes and call the phone number list below. If the bleeding doesn’t stop after 15 minutes, have someone drive you to the nearest hospital emergency room.
- You will get test results from the doctor who ordered your procedure 3-5 business days after your procedure.
- You will receive follow up care from your doctor who ordered your procedure.

**When should I call for help?**

- Call 911 anytime if you have any of the following signs and symptoms:
  - Shortness of breath
  - Chest pains
  - Loss of consciousness – (if you passed out or fainted)
  Call 911 anytime you think you need emergency care.

- Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
  - Fever (greater than 100.6°F)
  - Bleeding, swelling or increased pain at procedure site
  - Redness, swelling, red streaking or pain at IV site or procedure site
- Extremity with procedure site turns cool, cold or blue

After hours you can call the Radiology Superchief at 734-936-6267, pager 1800.