



PERFORMANCE

INJURY CARE & SPORTS MEDICINE

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Post Procedural Care for Nerve Hydro-dissection

Congratulations! You have finished the first step toward recovery and the enclosed information is to help you care for your procedural site.

ABOUT YOUR PROCEDURE SITE

If possible keep the area elevated for several hours after the procedure. You will typically have weakness and or numbness in the nerve distribution for 3-6 hours. If after 24 hours the area still feels numb or weak you should contact us.

CARE INSTRUCTIONS

It will take a couple of days for the skin around the procedural site to heal. Please follow these care instructions to avoid infection. Typically after 1-2 days you can return to your normal routine unless you are still having drainage from the procedure site.

- Keep the procedure site clean and dry. Do not exercise for several days. Any activity that causes you to sweat can cause bacteria on the skin to enter the injection site.
- Do not immerse the procedure sites in water for 48 hours. No hot tub, swimming or baths.
- Try to not remove the initial bandage for 24 hours unless you have soaked the bandage.
- After 24 hours you may remove the initial bandage and shower avoiding direct shower pressure over the procedure site.
- The day following the procedure, clean the site with a washcloth using light pressure.
- Nerve recovery is slow** at 1 millimeter per day. You may experience a return of your pain the day following the procedure. You should notice gradual improvement over the next few weeks as the nerve recovers.
- Try not to rub, massage, compress or dig into the nerve as recovering nerves are easily irritated.
- You may lightly stretch the injured nerve, just be careful to not stretch into pain or burning sensation.

SYMPTOMS TO WATCH OUT FOR!

You will normally have pain at the procedural site for the first several days. You should contact our office or after hours number listed above for the following conditions:

- Excessive redness around the procedure site.
- Excessive swelling of the procedure site.
- Persistent numbness or weakness after 24 hours.
- Unusual warmth to the skin at the procedural areas, or if you develop a fever.
- If your calf or lower leg swells or becomes painful on the procedural side.
- Allergic reaction to the medication, or develop a skin rash around the procedural sites.