

Post Procedure Care

Breast

- Ultrasound Guided Breast Biopsy
- Fine Needle Aspiration - FNA
- Stereotactic Biopsy
- MRI Guided Biopsy

Temporary bruising after the biopsy is normal. It is important to apply pressure and ice for 20 minutes every hour for four hours after the biopsy to help minimise bruising and swelling.

If you experience pain following your biopsy, you can take an over-the-counter paracetamol.

If you experience excessive swelling, bleeding, drainage, redness or heat in the breast please contact your referring doctor.

Noosaville Medical
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Post Procedure Care

- Bursal injection
- Joint injection
- Tendon Sheath injection

You may feel minor discomfort at the site of the injection for up to 24 hours post procedure. Cortisone takes from several hours up to a week to work.

Occasionally an increase in pain can occur in the days following the procedure.

If you have any significant pain, swelling or redness you should go immediately to the nearest hospital emergency department or contact your referring doctor as soon as possible.

NB. A mild increase in blood sugar levels in diabetic patients may occur for several days following cortisone injection.

○ Autologous/ PRP injection

Following the procedure, one week of rest followed by gradual increase in activity over the next three weeks is recommended. Refrain from any significant repetitive or loading activity involving the body part for four weeks.

A moderate amount of discomfort is expected due to the process of inflammation. Inflammation results in repair of the damaged tissues, however, also causes swelling and pain. Paracetamol and cool compression may help. It is best to avoid the use of anti-inflammatory medications post procedure if possible.

If you have no more pain, you are advised to commence a four week rehabilitation program under supervision of a physiotherapist. Then no further action is required.

If your pain has decreased but pain remains, then a second injection is recommended.

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Post Procedure Care

● FNA Thyroid

You may have some pain, swelling and even a little bruise where the needle was inserted into your neck. Simple pain medication such as paracetamol can be taken for this. Pain and swelling should be minimal after 48 hours.

It is important to avoid strenuous activity, particularly activity that involves bending over, straining (like lifting weights) or working over your head (like hanging out washing), as all these activities can increase the chance of internal bleeding into the thyroid gland.

It is uncommon to have any change in your voice, severe pain, general neck swelling, or difficulty breathing or swallowing after a thyroid FNA. If any of these things happen, contact your doctor, and let them know.

If you are experiencing difficulty breathing after the procedure, you should go immediately to the nearest hospital emergency department.

● FNA

● Biopsy

Temporary bruising after the FNA or biopsy is normal. It is important to apply pressure and ice for 20 minutes every hour for four hours after the FNA or biopsy to help minimise bruising and swelling.

If you experience pain following your FNA or biopsy, you can take an over-the-counter paracetamol.

If you experience excessive swelling, bleeding, drainage, redness or heat in the area of concern please contact your referring doctor.

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Post Sedation Care

Sedation medication may affect your judgement for about 24 hours or sometimes longer. For your own safety, in the 24 hours following your sedation we recommend that you:

- do NOT drive any type of car, bike or other vehicle. Your vehicle insurance may not cover you for 24 hours after sedation has been administered.
- do NOT work in an environment where critical decision making is required. Professional indemnity insurance may not cover you for 24 hours after sedation has been administered.
- do NOT operate machinery including cooking implements.
- do NOT make important decisions (such as withdrawal of money from the ATM) or sign legal documents.
- do NOT drink alcohol, take other mind-altering substances, or smoke as these substances may react with the sedation medicines.
- have an adult with you on the first night after your procedure.

You must have a driver to take you home after sedation has been administered.

Please contact your doctor or local Hospital if you experience any symptoms following sedation.

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Contrast injection leak (extravasation)

What is extravasation?

Contrast dyes are usually given to patients having an MRI or CT scan by injecting into a vein in the arm or hand. Occasionally the fluid may leak out from the vein and into the surrounding tissues – this is known as extravasation.

Treatment

In most cases, extravasation is a minor injury and does not require any treatment. Associated bruising can be expected at the injection site. If there is pain and swelling the RICE Method (Rest, Ice, Compression, Elevation) can be employed at home. Take usual pain relief if required.

When to seek Medical Advice

Please see General Practitioner if you are concerned or have any of the following:

- Severe pain which is not controlled by painkillers
- Increase swelling of the arm or hand
- Increased change in colour of the arm or hand
- Pins and needles or altered sensation in arm or hand
- Blistering or ulceration of the skin around injection site.

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Post Procedure Care

Procedure

- Facet Injection
- Sacroiliac Joints
- Joint Injection

Post procedure care

You will need someone to drive you home after the procedure. Your vehicle insurance may not cover you to drive for 24 hours after your procedure. As local anaesthetic has been injected, most patients will be pain free. There may be slight soreness or bruising at the injection site. Paracetamol and ice may provide some comfort if required. Occasionally an increase in pain can occur in the days following the procedure.

Patients are generally able to walk freely after the procedure. You should not drive for the rest of the day. The following day you may return to work and gradually increase your activities. If you experience any fever, localised heat, swelling or increasing pain more than 48 hours after the injection please contact your referring doctor.

-
- Nerve Root Block
Perineural Injection
 - Epidural Injection
 - Nerve Block

You will need someone to drive you home after the procedure. Your vehicle insurance may not cover you to drive for 24 hours after your procedure. There may be slight soreness or bruising at the injection site. Paracetamol and ice may provide some comfort if required. The local anaesthetic may make the legs feel temporarily numb or weak. This usually resolves after 8 hours. Occasionally an increase in pain can occur in the days following the procedure.

You should not participate in strenuous activity or exercise for up to one week post procedure depending on your doctor's instructions. They will also advise you on how best to resume pre-treatment activity levels. If you experience any fever, localised heat, swelling or increasing pain more than 48 hours after the injection please contact your referring doctor.

-
- Medial Branch Block

You will need someone to drive you home after the procedure. Your vehicle insurance may not cover you to drive for 24 hours after your procedure. There may be slight soreness or bruising at the needle site. Paracetamol and ice may provide some comfort if required. The local anaesthetic injected is expected to wear off in 8 hours following the procedure. If you experience temporary relief from your pain, this is expected. If you do not experience any relief after the procedure, please contact your referring doctor.

NB. A mild increase in blood sugar levels in diabetic patients may occur for several days following cortisone injection.

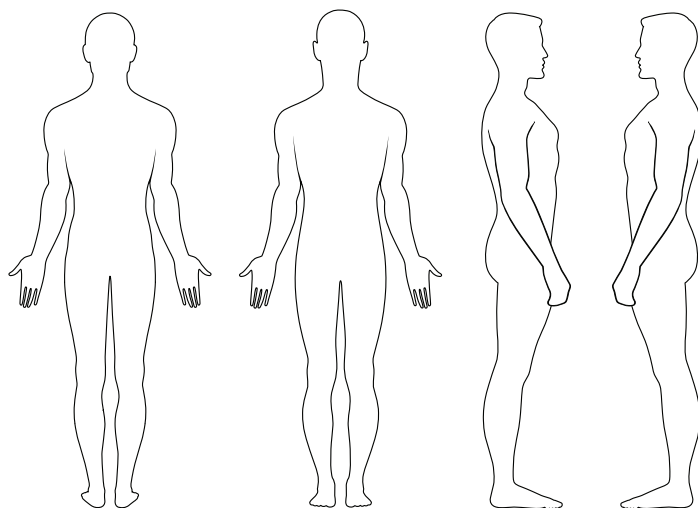
Please indicate on the chart below, your level of pain between 10 (worst pain) and 0 (no pain). Injection site: _____

10 (worst pain)																
9																
8																
7																
6																
5																
4																
3																
2																
1																
0 (no pain)																
					am	noon	pm	am	noon	pm	am	noon	pm	am	noon	pm
	Pain before	Day 1			Day 2			Day 3			Day 4			Day 5		

Please continue your pain medication as prescribed by your Doctor.
Please scan/take photo and email to info@noosaradiology.com.au

Prior to the injection please indicate with **vertical lines** the region where the pain is.

1-2 hours after the injection please indicate with **horizontal lines** where the pain has been relieved.



Post Procedure Care

Procedure

- Radiofrequency Lesioning

Post procedure care

You will need someone to drive you home after the procedure. There may be slight soreness or bruising at the injection site. Paracetamol and ice may provide some comfort if required. Please continue to take your usual pain medication until you see your referring doctor. Occasionally, patients will experience increased pain for up to 2 weeks following the procedure as a result of local inflammation.

You should not participate in strenuous activity or exercise for up to one week depending on your doctor's instructions.

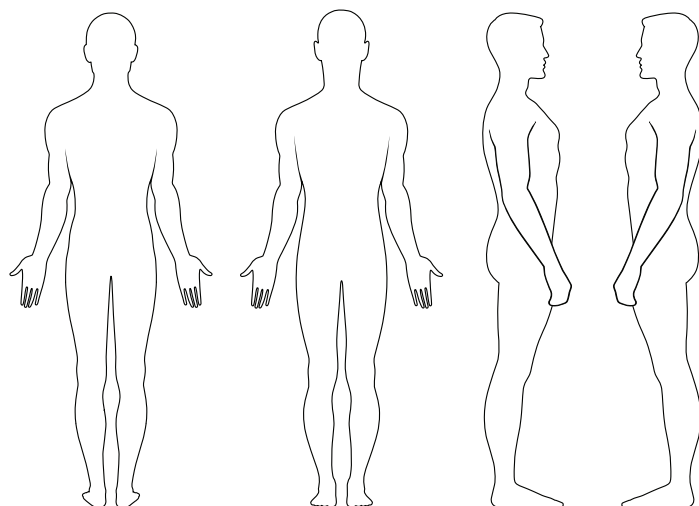
Please indicate on the chart below, your level of pain between 10 (worst pain) and 0 (no pain). Injection site: _____

10 (worst pain)																
9																
8																
7																
6																
5																
4																
3																
2																
1																
0 (no pain)																
	Pain before	Week 1			Week 2			Week 3			Week 4			Week 5		

Please continue your pain medication as prescribed by your Doctor.
Please scan/take photo and email to info@noosaradiology.com.au

Prior to the injection please indicate with **vertical lines** the region where the pain is.

1-2 hours after the injection please indicate with **horizontal lines** where the pain has been relieved.



Post Procedure Care

Procedure

- Medial Branch Block
- Nerve Block

Post procedure care

You will need someone to drive you home after the procedure. There may be slight soreness or bruising at the needle site. Following this, paracetamol and ice may provide some comfort if required. The local anaesthetic injected is expected to wear off in 8 hours following the procedure. If you experience temporary relief from your pain, this is expected. If you do not experience any relief after the procedure, please contact your referring doctor. A radiofrequency at this site may not give long term relief.

Please indicate on the chart below, your level of pain between 10 (worst pain) and 0 (no pain). Injection site: _____

10 (worst pain)										
9										
8										
7										
6										
5										
4										
3										
2										
1										
0 (no pain)										
	Pain Before	After Injection	1 Hour	2 Hrs	3 Hrs	4Hrs	5 Hrs	6 Hrs	7 Hrs	8 Hrs

Please continue your pain medication as prescribed by your Doctor. Please scan/take photo and email to info@noosaradiology.com.au.

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Post Procedure Care

Procedure

○ Paracentesis

Post procedure care

Your abdomen may be sore where the doctor put the needle or catheter into your skin (the procedure site). This usually gets better after a day or two. You can go back to work or your normal activities as soon as you feel up to it.

If a large amount of fluid (ascites) was removed from your abdomen during the procedure, you will probably feel more comfortable and be able to breathe better. Make a follow-up appointment with your healthcare provider as directed. During your follow-up visit, your provider will check your healing. In some cases, the paracentesis may need to be repeated if the fluid returns.

How can you care for yourself at home?

- Rest when you feel tired. Getting enough sleep will help you recover.
- Avoid strenuous activities, such as bicycle riding, jogging, weightlifting, or aerobic exercise, until your doctor says it is okay.
- You may shower. Do not take a bath until the procedure site has healed, or until your doctor tells you it is okay.
- Ask your doctor when you can drive again.
- You may need to take 1 or 2 days off from work. It depends on the type of work you do and how you feel.
- Wash the area daily with warm, soapy water, and pat it dry. Don't use hydrogen peroxide or alcohol, which may delay healing. You may cover the area with a gauze bandage if it weeps or rubs against clothing. Change the bandage every day.
- Keep the area clean and dry.
- Follow-up care is a key part of your treatment and safety

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Post Procedure Care

When should you call for help?

- Call 000 anytime you think you may need emergency care. For example, call if:
- You passed out (lost consciousness).
- You have severe trouble breathing.
- You have sudden abdominal or chest pain and shortness of breath, or you cough up blood.

Call your doctor or nurse advice line now or seek immediate medical care if:

- You are sick in your stomach or cannot keep fluids down.
- You have a fever over 38°C.
- Chills.
- Trouble breathing.
- Pain that doesn't go away even after taking pain medicine.
- Belly pain not caused by having the skin punctured.
- Swollen belly.
- Blood in your urine.
- Feeling dizzy or lightheaded, or fainting.
- Bright red blood has soaked through the bandage over your procedure site.
- You have signs of infection, such as:
 - Increased pain, swelling, warmth, or redness.
 - Red streaks leading from the procedure site.
 - Pus draining from the procedure site.
 - Swollen lymph nodes in your neck, armpits, or groin.
 - A fever.
- Watch closely for changes in your health and contact your doctor if you have any problems.

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Post Procedure Care

Procedure

● Pleurocentesis

Post procedure care

Your chest may be sore where the doctor put the needle or catheter into your skin (the procedure site). This usually gets better after a day or two. You can go back to work or your normal activities as soon as you feel up to it.

If a large amount of pleural fluid was removed during the procedure, you will probably be able to breathe more easily.

How can you care for yourself at home?

- Rest when you feel tired. Getting enough sleep will help you recover.
- Avoid strenuous activities, such as bicycle riding, jogging, weightlifting, or aerobic exercise, until your doctor says it is okay.
- You may shower. Do not take a bath until the procedure site has healed, or until your doctor tells you it is okay.
- Ask your doctor when you can drive again.
- You may need to take 1 or 2 days off from work. It depends on the type of work you do and how you feel.
- Wash the area daily with warm, soapy water, and pat it dry. Don't use hydrogen peroxide or alcohol, which may delay healing. You may cover the area with a gauze bandage if it weeps or rubs against clothing. Change the bandage every day.
- Keep the area clean and dry.
- Follow-up care is a key part of your treatment and safety.

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- Call 000 anytime you think you may need emergency care. For example, call if:
- You passed out (lost consciousness).
- You have severe trouble breathing.
- You have sudden chest pain and shortness of breath, or you cough up blood.

Call your doctor or nurse advice line now or seek immediate medical care if:

- You have shortness of breath that is new or getting worse.
- You have new or worse pain in your chest, especially when you take a deep breath.
- You are sick to your stomach or cannot keep fluids down.
- You have a fever over 38°C.
- Bright red blood has soaked through the bandage over your procedure site.
- You have signs of infection, such as:
 - Increased pain, swelling, warmth, or redness.
 - Red streaks leading from the procedure site.
 - Pus draining from the procedure site.
 - Swollen lymph nodes in your neck, armpits, or groin.
 - A fever.
 - You cough up a lot more mucus than normal, or your mucus changes colour.
- Watch closely for changes in your health and contact your doctor if you have any problems.

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