

DISCHARGE INSTRUCTIONS

You may eat anything you like, however, start with something light. It is normal to experience mild aches at the injection sites during the next few days. You may apply an ice pack to the site if you experience any soreness or discomfort. **If you have any questions, please call us at 626 577 2525. We are open Monday to Friday 8 am to 5 pm; otherwise, please call your referring or primary doctor.**

Take medications ONLY AS DIRECTED. You may take previously prescribed medications at home. We suggest that a responsible adult be with you for the rest of the day and during the night for your protection and safety. **Remember that rest plays a big role in your recovery. Keep injection sites clean and dry for 3-4 days, you may take a quick shower tomorrow. Do not soak injected area in tubs, pools, or ocean, etc; to prevent infection.**

- If you are diabetic, check your blood sugar periodically; if >300mg/dl, call your primary doctor.
- No physical therapy (PT) for 4-5 days.
- Rest 3-4 days and no heavy lifting.

PROCEDURE(S) PERFORMED-ONLY CHECK BOXES THAT APPLY:

Cortisone Injections

You have received an injection that may temporarily interfere with your ability to physically and mentally function normally. Common mild side effects that are not serious include: flu-like symptoms, headache, upset stomach, nervousness, insomnia, skin flushing, increased heart rate and/or palpitations, and temporary increased pain. The instructions listed below should help you reach optimum comfort and safety following this procedure. You may notice improvement in your usual pain within 2 to 3 days, although it may take as long as 10 to 14 days for the medications to fully take effect.

Conscious Sedation

You have received sedation during this procedure. You are NOT to do any of the following for the next twenty four (24) hours:

- A. Operate any machinery or drive a vehicle.
- B. Drink any alcoholic beverages.
- C. Sign any legal documents or make any important decisions.

Procedure(s): Cervical Thoracic Lumbar Other

Transforaminal Epidural/ Selective Nerve Root Block – You may experience weakness and numbness in your affected extremity for the next 2-4hours. Please take special care to prevent falls and additional injury.

Intralaminar (midline) Epidural – Please remain sitting up for the next 6-8 hours. Gravity will help the medication stay in the injected area. It is advised to sleep with an extra pillow under your head this evening.

Facet Joint Block/ Facet Radiofrequency Neurotomy –You are advised to rest today and refrain from excessive movement. You may continue normal, non-strenuous activities tomorrow.

Discogram - You are advised to rest today and stay off your feet. Procedure may exacerbate current symptoms. Rest as needed. You may continue non-strenuous activities as tolerated.

Myelogram/ Lumbar Puncture – Remain lying down for the next 24 hours. This step is to reduce the risk of spinal leakage at puncture site that may cause headaches. You may get up to eat or use the restroom, but limit this time to less than 15 minutes. Drink plenty of fluids. If headaches occur, please remain lying down for an additional 24 hours, and inform your referring doctor of symptoms.

Other: _____

I HAVE RECEIVED A COPY AND UNDERSTAND THESE DISCHARGE INSTRUCTIONS:

Patient / Responsible Party

Witness Signature

Films/CD returned to patient/responsible party: N/A Yes No

Initials: _____