

Discharge Instructions/ Home Care after Your Procedure

INJECTION SITE CARE:

- Ice packs, if needed for the Lt24 hours.
- Warm moist heating pads after the first 24 hours. .
- May alternate ICE & HEAT every 10 minutes.

ACTIVITY

- Take it easy today, rest for 24 hours.
- Increase activity as tolerated.
- If you have weakness or numbness anywhere caused by the pain block, limit activity until sensation returns to normal.
- You may take a shower & remove the band-aids.
- Avoid tub baths, whirlpools and swimming pools for the next 2-3 days.

DIET

- Drink plenty of fluids.

WHAT TO EXPECT AFTER THE PROCEDURE

- You may experience increased pain for 24 hours to 5 days after the injections, or a stiff, full, tight feeling. This is normal. Use ice and heat as needed.
- You may have bruising at the injection site. If so, apply ice.
Your pain may take several days to go away. This is because the steroid medication you received can take up to 72 hrs to become effective. Maximum steroid effect will usually be seen in 7 to 10 days.
- Do not drive a vehicle, drink alcohol, or operate machinery for 24 hrs from your procedure if you received anesthesia (IV sedation).

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

1. Any skin rashes, hives, shortness of breath, or wheezing.
2. An increase in your level of pain unrelieved by regular means.
3. Persistent nausea or vomiting.
4. Persistent headache, which worsens upon sitting.
5. Chills/fever (temperature greater than 100 F).
6. Please call NJ Spine and Pain Management if you have any unusual problems not covered in this document

To help us check the results of your pain block, please note if and when your pain returns. Also, record the time you begin taking any pain medications. Any other questions/concerns call the doctor's office at 609-587-6070

Patient signature

Date

Witness Signature