



## Discharge Instructions (Post-Procedure)

The following are specific instructions and precautions.

1. Have a quiet day and evening
2. Do not do anything you would not ordinarily do
3. You may shower (except spinal cord stimulator patients).
4. DO NOT drive a motor vehicle, operate any machinery or power tools.
5. May use ice 3 x day 20 minutes at a time for first 24 hours
6. May use heat 3 x day 30 minutes at a time after 24 hours
7. Some discoloration and mild discomfort may occur at injection site. This will resolve in 5-7 days.
8. Rest and drink plenty of fluids
9. Please do not be concerned if there is any redness/flushing in the face/neck. This may be a normal side effect of steroid (cortisone) if used, in up to 10% of patients. However, if there is any associated shortness of breath, rash on other parts of the body, swelling of the throat/difficulty swallowing, please go to the emergency department.

PLEASE NOTIFY US IF THE FOLLOWING SYMPTOMS OCCUR. In the event that you are unable to contact us or your primary care physician, please go to the emergency department.

1. Prolonged dizziness
2. Prolonged weakness or numbness (more than one day)
3. Localized swelling or redness at injection site
4. Severe headache when sitting or standing that goes away when lying down
5. Severe pain at injection site
6. New difficulty controlling bowel or bladder function after injection.
7. Shortness of breath or dusky blue appearance in fingertips
8. Fever or chills
9. New onset sharp severe back pain or neck pain