



Discharge Instructions (Post Procedure)

The following list contains specific instructions and precautions.

- 1. Do not drive a motor vehicle or operate machinery or power tools until tomorrow.**
2. Have a quiet evening.
3. Do not do anything you would not ordinarily do.
4. You may shower unless you are a spinal cord stimulator trial patient.
5. You may use ice on the injection site 3 times a day for 20 minutes for the next 24 hours.
6. Do not apply heat to the injection site for the next 24 hours.
7. Rest and drink plenty of fluids.
8. Some discoloration and mild discomfort may occur at the injection site. This discoloration and discomfort should disappear over the next 5 to 7 days.
9. Do not be concerned if redness or flushing appears on your face or neck. This is a normal side effect in 5-10% of patients receiving steroids such as cortisone.
However, if there is any associated shortness of breath, rash on another part of the body, swelling of the throat, or difficulty swallowing, please go the local emergency room.

Please notify us if any of the following symptoms occur. If you are unable to contact us or your primary care physician, please go to the local emergency room.

1. Chest pain
2. Shortness of breath
3. Dizziness
4. A new weakness or numbness in leg(s) or arm(s) that does not improve in a few hours
5. Localized swelling, redness, or drainage at the injection site
6. A new onset of severe headache
7. Severe pain at the injection site
8. New difficulty in controlling bowel or bladder function after receiving an injection
9. Fever or chills
10. A new onset of severe neck or back pain