

**University Pain Medicine Center
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General Post Procedure Discharge Instructions

Patient Name: _____

Date: _____

Procedure performed today: _____

- Do not attempt to drive, drink alcohol, or make any important legal decisions for 24 hours, especially if sedation was given.
- Multiple adhesive bandages may be present on your back or neck. These should remain dry at least 24 hours, at which time they can be removed.
- Continue taking your prescription medications: pain medications may be tapered as indicated by the doctor.
- Most patients may return to work and normal activities by the next day.
- Sometimes there is a numbing effect on the nerves that control the bladder's ability to sense when it is full. Therefore, you should empty your bladder (urinate) every four hours for the next twelve hours or until you can sense your bladder is full.
- Drink plenty of fluids. Start your regular diet today as tolerated.
- Restart usual medications including aspirin or blood thinners as directed.

Procedural related symptoms that typically resolve in seven to ten days:

- Pain at the needle puncture site(s).
- Mild increased back or neck stiffness.
- Deep back or neck pain.
- You may feel numbness or weakness in one or both legs or arms for up to 12 hours. Limit your activities until sensation returns to normal.
- Your pain may go away immediately or it may take several days.
- Diabetics: please monitor your sugar levels for 5-7 days since steroid can increase your sugar levels. Please notify your doctor monitoring your diabetes.

Treatment for mild post-procedure symptoms are:

- Rest the affected area for three to four days.
- Avoid movements that aggravate the pain.
- Apply ice packs for 20 minutes every hour for up 24 hours.
- Do not use hot packs for first 24 hours as you may not be able to feel a burn occurring.
- Avoid strenuous physical activities for at least a week, i.e. bending, twisting, heavy lifting, weight lifting or sports.

Notify your doctor if any of the following occur:

- Any skin rashes, hives, shortness of breath or wheezing.
- New back or neck pain that is different from the usual pain.
- Persistent nausea or vomiting.
- Bowel or bladder dysfunction.
- Persistent headache which worsens upon sitting up
- Chills/Fever (temperature greater than 100 degrees)

Call the office the day after the procedure to schedule your next appointment.

Patient's Signature

Date

Witness