

PAIN MANAGEMENT DISCHARGE INSTRUCTIONS

The injection you received contained local anesthetic and possibly some steroid medication (to reduce inflammation and pain, not the muscle-building kind of steroid). You should have decreased pain and possibly some numbness for 4 to 8 hours due to local anesthetic. Note: You may have some pain at the injection site area.

Proceed to the emergency room if you experience:

Difficulty breathing or speaking	Chills or sweating
Loss of ability to feel or move our arms or legs	Inability to speak
Infection (redness, swelling, drainage, or fever > 101.5°F)	Severe headache
Heavy pressure over the chest or palpitations (rapid heartbeat)	Seizures
Bleeding at the injection site that is not stopped within 15 minutes with direct pressure	

Specific Instructions for your procedure are noted below:

_____ **Epidural Injection – Cervical-Thoracic-Lumbar** - Do not operate machinery (including any form of driving); do not use stairs or engage in strenuous activities until the numbness has completely worn off and full strength has returned to your arms/legs. Your arms/legs may be weaker for up to 8 hours after the injection.

_____ **Facet injection / Lumbar sympathetic block** - Do not operate machinery (including any form of driving); You may experience some weakness and/or numbness in the leg of the side of the injection. Limit strenuous activity until the numbness is gone in 4 to 8 hours.

_____ **Sacroiliac Joint Injection** - Do not operate machinery (including any form of driving). You may feel some soreness after the injection. If this is the case, the most effective form of relief will result from the following comfort measures; relaxing, taking a hot bath, using a heating pad on the affected area.

_____ **Selective nerve root block injection** - Do not operate machinery (including any form of driving). You may feel some soreness in the location of the injection. You may experience numbness and/or weakness in your arms or legs, this should subside in several hours.

_____ **Discogram** - Do not operate machinery (including any form of driving) after the injection. You may experience some soreness in the injection area. If a high fever (one or 101.5°F or greater) occurs, please call your physician.

_____ **Radiofrequency** - Do not operate machinery (including any form of driving); You may experience some weakness and/or numbness in the leg of the side of the injection. Limit strenuous activity until the numbness is gone in 4 to 8 hours.

_____ **Spinal Cord Stimulator Trial** – Do not operate machinery (including any form of driving); Patient will receive further instructions from the spinal cord stimulator representative.

Other Instructions: _____

If you have any questions or concerns and feel you need immediate medical attention, you must proceed to the nearest emergency room.

I hereby accept, understand, and can verbalize these instructions.

Patient's Signature: _____ Date: _____

Witness: _____ Date: _____

GIVE COPY TO PATIENT