



Back and Pain Center Discharge Instructions

How long will the effects of sedation last?

If you received sedation for your procedure, you may feel sleepy or not “yourself” for several hours today. For the next 24 hours avoid activities that requires alertness or coordination. This includes:

- driving or operating heavy machinery
- using power tools
- cooking
- climbing, riding a bicycle or roller blading and skating.
- consuming alcohol

Do not make important or complex decisions or sign legal documents in the next 24 hours.

What symptoms should I expect?

- decrease in pain
- soreness at injection site

You will start to feel the benefits of the steroid in about 2-3 days.

What are my bathing instructions?

You may resume swimming, hot tubs, baths, and showers in 24 hours.

How do I take care of my wound?

Wash off the rest of the prep solution and remove your band aid in the morning.

When can I resume my normal activities?

Take it easy today. This **does not** apply if you received a medial branch block, if you received a block for diagnostic purposes, you should be active and attempt to trigger pain in that area.

Get up slowly when standing and resume activities gradually. You may return to your usual activities like work or school the following day of the procedure.

What are my diet instructions?

Continue to eat your previous diet as long as you can tolerate it.

What are my medication instructions?

Resume your daily prescription medications schedule. **If you are on blood thinners check with the doctor at the Back and Pain Center.**

Reminders:

- Observe the injection site, call if there is redness, swelling, drainage or fever develops.
- Monitor your pain relief. This will help your doctor monitor how well your treatment is working.

If you received a **Medial Branch Block injection** or if you participate in the **spinal cord simulator trial**, you have additional instructions listed below

Additional instructions for Medial Branch Block (diagnostic) injection:

- Be active. Attempt to trigger pain the area that has been injected. This will help us determine if the nerve injected is the one causing your pain.
- We will give you a pain diary. This will help your doctor determine the effectiveness of the injection, and how to proceed. Please **mail the diary in the envelope provided** when you're done filling it out tomorrow. If you have not heard from our office within one week after mailing in your diary, please call (734) 615-7246.

Additional instructions for spinal cord stimulator trial patients:

What additional symptoms should I expect?

You may have a tingling sensation in your usual pain areas.

What are my discharge instructions?

In addition to the instructions listed above you must also avoid:

- **getting the dressing wet.** You will need to sponge bathe for one week.
- bending or twisting maneuvers
- driving with the device on. (Please call the number below if you have problems with the device).
- lifting more than 5 pounds
- positioning your arms above your head
- please keep track of your pain scores each day as indicated by your provider

Who should I call if I have questions?

Please call the Back and Pain Center (734) 615-7246 between 7:30am- 5:00 pm Monday-Friday, if you develop any of these symptoms:

- Fever (greater than 100.6 degrees)
- Redness, swelling, red streaking or pain at intravenous (IV) injection site or procedure site.
- Anything worrisome

If you have problems related to your procedure after normal business hours:

Call Pain Fellow on call at (734) 936-6267: Beeper 9031.

If you cannot reach medical assistance go to the emergency room.

Take this form with you.

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