

Discharge Instructions for Spine Injection Therapy

Today you received a spine injection. Below is the information that we would like for you to be aware of over the next few days.

How long will the injections last?

You received 2 medications in your injection, an anesthetic and a steroid.

- **The anesthetic** will last for a short period of time. When it wears off, the pain will return. Take your normal pain medications, and apply an ice pack to the area for 20 minutes then remove the ice pack for 1 hour. You may repeat as necessary.
- **The steroid** will take effect in 3-7 days, up to 14 days.

What are my discharge instructions?

- Rest as much as possible the first 24 hours.
- Avoid bending, twisting, heavy lifting, repetitive motions for the first 24 hours. Gradually increase your activities.
- Keep the area clean and dry.
- **Showers only** for the next 48 hours. No baths, hot tubs, swimming, steam rooms, or saunas.
- You may resume your normal diet and prescription medications.

If you received a 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 call in the results the next business day to 734-936-7175.

If you received a Radiofrequency Ablation (RFA):

- There are no physical restrictions after the procedure.
- Showers only for 2-3 days following the procedure.
- You can expect a mild sunburn sensation in the area of the ablation. This generally last 7-10 days.
 - You can manage the discomfort with ice (20 minutes on/off) and an over the counter pain medication (Motrin/Aleve/Tylenol).
- Because tissue has been burned, it will take 4-6 weeks for that to heal. You should have a follow up appointment 6 weeks after the procedure with your health care provider.

If you received conscious sedation:

- You may resume your normal diet.
- **Do not** engage in activities that require alertness or coordination. This includes:
 - Driving
 - Operating heavy machinery
 - Using power tools
 - Cooking
 - Climbing
 - Signing any legal documents/make legal decisions.
- **Do not** drink alcoholic beverages for 24 hours.

When should I call for help?

Please call if you have any of these symptoms:

- Severe back pain
- Fever (> 100.4)
- Severe headache (gets better lying down)
- Persistent nausea or vomiting
- New numbness in legs/arms

- Severe redness, swelling, red streaks, drainage at injection site
- Loss of bowel or bladder control

What is the contact information?

- Monday through Friday 8am-5pm: (734) 936-7175
- On evenings, weekends, or holidays call the Physical Medicine and Rehabilitation on call doctor: (734) 936-6267

In case of emergency, call 911, or go to the nearest emergency department.

Take this form with you.

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