

脊椎注射治疗出院说明

Spine Injection Therapy Discharge Instructions (Chinese)

您在脊椎注射治疗后的护理说明将根据您接受的治疗类型而不同。请仔细阅读这些说明。

Your care instructions after spine injection therapy will vary based on what type of treatment you received. Please read through these instructions carefully.

□硬膜外注射后的护理说明

Care instructions after an epidural injection

如果您接受了硬膜外注射，注射中包含两种药物：一种**麻醉剂**（一种具有麻木作用的药物）和一种**类固醇**（一种用于缓解疼痛并减少炎症的药物）。

If you received an epidural injection, you received 2 medications in your injection: an **anesthetic** (a numbing medication) and a **steroid** (a medication for pain relief and reducing inflammation).

- 麻醉剂的效果将持续一小段时间。在这段期间，您的腿可能会感到不稳，您应该避免驾驶。当麻醉药效消退时，您可能会感到一些疼痛。请服用您平常的止痛药来控制疼痛。您也可以在注射部位放置冰敷袋，每次20分钟。您可以根据需要重复使用，但请务必在20分钟后取下冰敷袋，并等待1小时后再重新冰敷。

The anesthetic will last for a short period of time. During this time, your legs may feel unstable, and you should avoid driving. When the numbing medication wears off, you may feel some pain. Take your normal pain medications to manage your pain. You can also put an ice pack on the injection site for 20 minutes at a time. You may repeat this as necessary,

making sure to remove the ice pack after 20 minutes and waiting 1 hour before using the ice pack again.

- 用于缓解疼痛的类固醇可能在3-7天内开始发挥作用，我们预计在14天时达到最佳效果。

The steroid for pain relief may begin to take effect in 3-7 days, and we expect it to reach full effect at 14 days.

- 在注射后的头24小时里应尽可能休息。

Rest as much as possible during the first 24 hours after your injection.

- 注射后24小时内避免弯腰、扭转身体和提举重物。当天请不要开车。24小时之后再慢慢增加您的活动量。

Avoid bending, twisting, heavy lifting for the first 24 hours after injection. Do not drive for the rest of the day. Slowly increase your activities after 24 hours.

- 保持注射部位清洁和干燥。

Keep the area where you had your injection clean and dry.

- 注射后的48小时内，请避免泡澡、热水浴、游泳、蒸汽浴和桑拿。您可以淋浴。

For 48 hours after your injection, avoid baths, hot tubs, swimming, steam rooms, and saunas. You may shower.

- 您可以恢复正常饮食，并继续服用处方药。

You may go back to eating and drinking normally and taking your prescription medications.

□内侧面阻滞注射后的护理说明

Care instructions after a medial branch block injection

- 保持活动。做一些通常会让您感到疼痛的活动。这将帮助我们确定我们在测试中注射的神经是否就是导致您疼痛的神经。

Be active. Do some activities that would typically cause you pain. This will help us determine if the nerve we injected in the test is the one causing your pain.

- 我们会给您一本疼痛日记，让您用来记录您的疼痛程度。这将帮助您的医生确定注射效果如何，以及后续的治疗方向。请在您注射后的下一个工作日致电 (734) 936-7175，分享您的疼痛日记内容。您也可以通过您的在线患者门户，将日记的照片发送给为您转诊的医疗提供者。

We will give you a pain diary that you will use to record your pain levels. This will help your doctor determine how well the injection worked and how to move forward with treatment. Please call (734) 936-7175 the next business day after your injection to share your pain diary entries. You may also send a picture of the diary to your referring provider through your online patient portal.

- 保持注射部位清洁和干燥。

Keep the area where you had your injection clean and dry.

- 注射后的48小时内，请避免泡澡、热水浴、游泳、蒸汽浴和桑拿。您可以淋浴。

For 48 hours after your injection, avoid baths, hot tubs, swimming, steam rooms, and saunas. You may shower.

- 您可以恢复正常饮食，并继续服用处方药。

- You may go back to eating and drinking normally and taking your prescription medications.

□射频消融（RFA）后的护理说明

Care instruction after a radiofrequency ablation (RFA)

- 您可以预期在消融区域周围感觉像轻微晒伤。这可以持续7到10天。

You can expect feeling like you have a mild sunburn around the area of the ablation. This can last 7-10 days.

- 您可以在该区域使用冰袋（每次冰敷20分钟，休息20分钟），以及服用非处方止痛药，如对乙酰氨基酚（泰诺®）或布洛芬（Motrin® 或 Advil®），来缓解任何不适。

You can manage any discomfort by putting an ice pack on the area (apply it for 20 minutes on, 20 minutes off) and an over-the-counter pain medication like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®).

- 您可能需要四到六周才能感受到该程序的全部效果。您应该在程序后六周与您的医疗保健提供者安排一次复诊。

It may take 4-6 weeks for you to feel the full effect of the procedure. You should have a follow-up appointment 6 weeks after the procedure with your healthcare provider.

- 24小时之后再慢慢增加您的活动量。

Slowly increase your activities after 24 hours.

- 保持消融区域清洁和干燥。

Keep the area where you had the ablation clean and dry.

- 在消融后的48小时内，避免泡澡、热水浴、游泳、蒸汽浴和桑拿。您可以淋浴。

For 48 hours after your ablation, avoid baths, hot tubs, swimming, steam rooms, and saunas. You may shower.

- 您可以恢复正常饮食，并继续服用处方药。

You may go back to eating and drinking normally and taking your prescription medications.

□清醒镇静后的护理说明

Care instructions after conscious sedation

根据您的治疗，您可能还接受了**清醒镇静**（在您仍然清醒的情况下，让您放松并阻止疼痛的药物）。如果是这样，请遵循以下说明：

Depending on your therapy, you may have also received **conscious sedation** (medication that relaxes you and blocks pain while you're still awake during a procedure). If so, follow these instructions:

- 您可以恢复正常饮食。

You may go back to eating and drinking normally.

- 在程序后的隔天之前，请勿进行任何需要警觉性或协调性的活动。这包括：

Do not do any activities that require alertness or coordination until the day after your procedure. This includes:

- 驾驶 Driving
- 操作重型机械 Operating heavy machinery
- 使用电动工具 Using power tools
- 烹饪 Cooking
- 攀爬 Climbing
- 签署任何法律文件或做出法律决定

Signing any legal documents or making legal decisions

- 请在12小时内不要饮酒。 Do not drink alcohol for 12 hours.

我什么时候应该打电话寻求帮助? When should I call for help?

如果您有以下任何症状，请打电话给我们：

Please call us if you have any of these symptoms:

- 严重背痛 Severe back pain
- 发烧超过100.4°F A fever over 100.4 °F
- 严重头痛，并且在您平躺时消失或明显缓解

Severe headache that goes away or significantly improves when you're lying flat

- 持续或无法缓解的恶心或呕吐

Nausea or vomiting that won't stop or go away

- 腿部或手臂的新麻木感 New numbness in your legs or arms
- 注射部位出现严重红肿、红色条纹或渗出物（漏液）

Severe redness, swelling, red streaks, or drainage (leaking fluid) at your injection site

- 突然失去肠道或膀胱控制能力（无法控制排尿或排便的冲动）

Sudden loss of bowel or bladder control (you can't control the urge to pee or poop)

联系信息是什么? What is the contact information?

- 周一至周五，上午8:00至下午5:00：请拨打 **(734) 936-7175**

On Monday through Friday from 8:00 AM – 5:00 PM: Call **(734) 936-7175**

Department of Physical Medicine and Rehabilitation
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- 晚上、周末或假期：请拨打物理医学与康复科值班医生的电话 **(734) 936-6267**

On evenings, weekends, or holidays: Call the Physical Medicine and Rehabilitation on-call doctor at **(734) 936-6267**

在紧急情况下，请拨打911或前往最近的急诊室。如果可以，请带上这份说明。

In case of an emergency, call 911 or go to the nearest emergency department. If you can, take this handout with you

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