

PCS IPC	<i>Pacific Coast Spine Institute and Pain Center</i>
	POST-PROCEDURE DISCHARGE INSTRUCTIONS

You have received a procedure that may interfere with your ability to function normally for a short period of time. Please follow these instructions:

- ❖ If you have received sedation during the procedure, you must have someone to drive you home, and you may not drive for 24 hours.
- ❖ Avoid strenuous physical activities. Maintain 50% of normal activity for 48 hours.
- ❖ Avoid physical activities that you have not performed for some time. Even though you may be feeling GREAT, you may not be ready to perform them without risking injury.
- ❖ Apply ice to the injection site for 20 minutes at a time, 3 times a day for 1-2 days. You may experience soreness at the injection site, headaches, weakness in the arms and/or legs for 1-2 days.
- ❖ You may eat a regular diet.
- ❖ You may continue with all of your medications as they were prescribed by your physician(s).
- ❖ You may resume physical therapy within 1-2 days after the injection.
- ❖ Call Pacific Coast Spine Institute and Pain Center to schedule a follow-up visit.
- ❖ Call Pacific Coast Spine Institute and Pain Center if you experience any fever, chill, nausea, vomiting, severe pain, bleeding, or other problems following the procedure.
- ❖ Call Pacific Coast Spine Institute and Pain Center with any questions or concerns you may have. A physician is always on call to answer any question that may be urgent. In a true emergency, however, always remember to call 911 or go to the nearest emergency room for prompt attention.

Improvement in pain may be often noted after only 2-3 days and may take as long as 5-7 days.

The above information has been explained to me, and I understand these instructions.

Print Patient Name: _____

Patient Signature _____

Date: _____ Staff Initials: _____