

NORTH MERIDIAN SURGERY CENTER
INJECTION DISCHARGE INSTRUCTIONS

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|---------------------------------------|---|------------------------------------|
| _____ Celiac Plexus Block | _____ Intercostal Nerve Block | _____ Selective Nerve Root Inj |
| _____ Discography | _____ Lateral Femoral Cutaneous Nerve Inj | _____ Spinal Cord Stimulator Trial |
| _____ Epidural Steroid Injection | _____ Piriformis Muscle Injection | _____ Stellate Ganglion Block |
| _____ Facet Joint Injection | _____ Radio Frequency Ablation | _____ Sympathetic Nerve Block |
| _____ Greater Trochanteric Bursal Inj | _____ Sacroiliac Joint Injection | _____ Trigger Point Injection |
| | | _____ Vertebroplasty |

ACTIVITY

- 1) Resume activity as tolerated. You may remove the dressing at any time.
- 2) Avoid heavy lifting or bending; 5 lb limit for 1-2 days.
- 3) If you have had a selective nerve root injection, be careful about moving about. You may have some limb weakness today. Do not walk without someone to hold on to for at least 2 hours after the procedure.
- 4) No tub baths, swimming, or Jacuzzi tubs are allowed for three days. You may shower normally the next day. After showering, make sure the site is dry.
- 5) If you have had a temporary spinal cord stimulator placed, you may sponge bathe, keep the dressing dry and intact. Do not remove until you return to the doctor's office.
- 6) If you have a spinal cord stimulator, do not operate motor vehicles, power tools, or equipment while your stimulator is on. Turn the stimulator off to reduce safety risks associated with sudden sensation changes. Sleep on a firm mattress that equally supports your back and legs. If you have a spinal cord stimulator, do not raise your arms over your head, bend, twist, stretch, or lift more than 5 lbs. Increase your physical strength by walking for brief periods of time each day.

DIET

- 1) Resume your regular diet. *If you've had a stellate ganglion block, use caution while eating and drinking until normal swallowing has returned. As soon as you can swallow, start by taking small sips of water, then progress to previous/regular diet.

MEDICATION

- 1) Continue to take your previously prescribed medication.
- 2) You may take your anti-inflammatory medication, if approved by your MD.
- 3) If a steroid was used, it may take 24-72 hours for the desired effect and subsequent pain relief. If you are diabetic, inform your internist or general practitioner that you've had a steroid injection.
- 4) Radiofrequency injections may take 2-4 weeks to begin to work.

SIDE EFFECTS

- 1) After the injection, there may be temporary pain relief, which may worsen in a few hours after the local anesthetic wears off. Soreness and increased spasms are common complaints after injections. These usually pass after a few days. Pain medication and muscle relaxants, prescribed by your doctor, will ease these side effects.
- 2) Muscle spasm and pain in the area of the injection may occur. Any minor swelling at the injection site may be alleviated by applying ice to that area. Do not use any heat for the first 12 hours. Never use heat or ice for more than 15 minutes every hour.
- 3) It is very common to have a red flushed/warm face. This may last for the first few days.
- 4) If you've had a selective nerve root injection, you may have temporary weakness of the affected limb.
- 5) If you've had a stellate ganglion block, you may experience a droopy eyelid, a small pupil, lack of sweating on one side of your face, and possible slight regression of the forward position of the eye. These symptoms are expected and are temporary.

Notify your physician if you have a fever over 100.0, chills, vomiting, headache, persistent stiff neck, or if you have difficulty urinating, an increase in weakness, numbness, or loss of function, or any signs of redness, swelling, or drainage at the injection site. ***Please keep and refer to these instructions after your procedure.***

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Patient/Responsible Adult Signature

Witness Signature

Date