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Valley Pain Centers

DISCHARGE INSTRUCTIONS

THESE INSTRUCTIONS ARE A GUIDELINE FOR YOU TO FOLLOW AT HOME:

IF YOU RECEIVE IV SEDATION AND anesthetics can remain in your system for up to 24 hours. You may feel sleepy, drowsy, dizzy, and /or slightly nauseous. This is normal for the next 24 hours.

- DO **NOT** drive or operate heavy equipment or power tools.
- DO **NOT** drink alcoholic beverages. DO **NOT** TAKE other medications including muscle relaxants, anti-anxiety, or sleep medication for at least 12 hours after your procedure
- DO **NOT** make any important or legal decisions or sign any legal documents.

GENERAL INSTRUCTIONS:

- Restrict activities for the next 24 hours and rest. You may gradually return to your normal activities over the next 24-48 hours as tolerated. It generally takes several days (from 3-5 days) to see improvement in your pain
- Keep the area dry and clean for 24 hours. You may shower, however do not soak the area for 48 hours (no baths, hot tubs or swimming pools).
- You may resume taking all of your routine medications and pain medications if needed. If you have discontinued the use of "blood thinning medication "(Coumadin, Lovenox, Plavix) resume these medications according to the instructions of your prescribing physician.

POSSIBLE SIDE EFFECTS:

- **Discomfort at the needle insertion site(s).** This is common and will resolve with time. You may use cold packs in increments of 20 minutes, Tylenol or Anti-Inflammatories (such as Motrin) if not contra-indicated.
- **Bleeding** - bloody discharge from needle insertion site or from surgical site is normal in the first 24 hours post procedure and should be treated with rest, elevation, and ice. If bleeding is continuous and does not stop with pressure and rest please call our office and/or go to the nearest ER immediately.
- **PRP patients** may experience itching and/or stiffness at medication insertion site, range of motion exercises will help.
- **Increase in glucose levels.** If you are diabetic, monitor your glucose levels carefully and contact us or your primary care physician if the levels rise excessively.
- **Fluid retention.** Steroid medications can cause some retention of fluid in your body. This is usually a short-term effect and will resolve with time.
- **Flushing.** Some people experience a temporary flushing in the facial, neck and chest regions. This is temporary and requires no treatment.
- **Leg cramping.** leg cramping can occur, particularly at night time after injections. If this occurs drink plenty of fluids (water and electrolyte solutions such as Gatorade) and try Calcium, Magnesium and Potassium supplements if not medically contraindicated.
- **Headaches.** Occasionally, you may experience a mild headache after an injection. Again, Anti-Inflammatory medication is helpful.
- **Numbness/Weakness of extremity.** This will resolve within hours and is usually due to the anesthetic agents.

EMERGENCIES: For life threatening emergencies or after hours, call 911 or go to the nearest Emergency Room.

Contact us immediately if you experience any of the listed symptoms:

- Severe headaches with associated light sensitivity, stiff neck.
- Loss of bowel or bladder control.
- Temperature of 101 degrees Fahrenheit or greater, drainage, redness or swelling at the procedure site.

Patient Signature _____ Nurse: _____ Date: _____
Next Appointment _____