

Valley Pain Centers

DISCHARGE INSTRUCTIONS

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

It generally takes several days (from 3-5 days) to see improvement in your pain. Be patient and rest.

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.
- 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, 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.
- **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.** Some people experience leg cramping 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, 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 or other signs of Meningitis.
- Loss of bowel or bladder control.
- Drainage, redness or swelling at the procedure site.

Valley Pain Centers

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