

# Valley Pain Centers

## **MUA DISCHARGE INSTRUCTIONS**

**\*\*\*Before your procedure, please be sure to speak to your physician about your procedure and any specific recommendations.\*\*\***

### **GENERAL INSTRUCTIONS:**

1. Restrict activities for the next 24 hours. You may return to your normal activities afterwards.
2. You may resume all of your routine medications as scheduled following your procedure.
3. You may use ice packs for any area that is unusually tender.

### **POSSIBLE SIDE EFFECTS:**

1. Some mild tenderness/soreness (as if you worked out).
2. Some skin bruising; if your procedure includes cross friction stripping of the surrounding area. This will resolve over a few days.
3. Minor temporary fluid retention.

### **EMERGENCIES:**

1. For life threatening emergencies, call 911 or go to the nearest emergency room.
2. Contact us immediately if you experience any other symptoms of concern.

Patient signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Nurse signature: \_\_\_\_\_

Next Appointment: \_\_\_\_\_ Doctor: \_\_\_\_\_

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