



DISCHARGE INSTRUCTIONS FOR PAIN PROCEDURES UNDER LOCAL

Your procedure was performed today with a local anesthetic. You had a:

- Epidural Steroid Injection - Lumbar/Cervical/Thoracic/Sacral
- Sacroiliac Joint Injection Rhizotomy Medial Branch Block
- Other: _____

Common Procedure side effects include:

- Soreness/tenderness around the injection site.
- Numbness or tingling in your legs or arms.

Post-Procedure instructions:

- Use an ice pack at the injection site. Do not use a heating pad or other direct heat source.
- You may shower starting tomorrow. No soaking in bath or pool for 4 days.
- You may remove the bandage tomorrow. A small amount of blood is normal.
- Do not engage in strenuous activity or heavy lifting until your physician says you may.

Medication instructions:

- Resume your usual medications EXCEPT for Aspirin and Anti-inflammatories (Motrin, Advil, Alleve, etc). You may resume these after 24 hours.

Other: _____

*****Contact your Doctor if you have problems or questions*****

- If you experience sudden or severe pain
- If you run fever greater than 101
- If you experience any unexpected symptoms
- If you have any loss of bladder or bowel control

Dr _____ Phone# _____.

These discharge instructions have been explained and a printed copy provided to the patient/caregiver.

Patient Signature

Date