

## Discography Discharge Instructions

### Activity and Diet

- **Activity:** Remain relatively conservative in the things you do today
  - **Diet:** You may resume your normal diet
  - **Medications:** You may resume your normal medication unless otherwise instructed by the Pain Clinic Physician
    - ◆ If your physician has ordered a prescription for you, take the medication as ordered.  
**Remember:** Pain medications require 45 minutes to reach their full affect. Pain medications may also make you dizzy or drowsy. **DO NOT DRINK ALCOHOL OR OPERATE MACHINERY WHILE YOU ARE TAKING PAIN MEDICATION.**
  - **Smoking:** It is strongly recommended that you refrain from smoking. Smoking may reverse the effects of the procedure and worsen symptoms.
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- Dressing:** A small Band-Aid has been placed on the injection site - which should be kept dry and removed the next day.
  - Discomfort at injection site:** Try applying ice wrapped in a washcloth for short periods of time (i.e. 20 minutes every 2 hours) during the first 24 hours and then try mild heat.
  - IV Site:** There may be soreness and bruising around the IV site which will go away in a few days. A warm moist cloth put over the area for half-hour periods several times daily will sometimes help. Increased tenderness or red streaking on the area above the needle puncture requires attention and you should call us if this occurs.
  - Side Effects:** Possible side effects of the steroid medication include facial flushing, insomnia, and occasional low-grade fever. These side effects are bothersome in only about 5% of patients and commonly disappear within 1 – 3 days after the injection.
  - Return to Normal:** Your pain level may be greater two or three days after the procedure, but should begin to subside by the third day. It may take as long as a week to return to the level of pain you experienced before the procedure. Plan to limit your activities for the rest of the day after the procedure.
  - Sedation:** Refrain from doing any of the following for at least 24 hours:
    - Operating motor vehicles or dangerous machinery
    - Making any important decisions. (Such as signing important papers)
    - Consuming alcohol, sedatives or stimulants for 24 hours.

