

Discharge Procedure Instructions (615-459-3881)

1. No driving, operating machinery, consuming alcohol, or returning to work for at least 24 hours. The effects of sedation medication may cause drowsiness and impaired judgement. You may resume regular activities and driving tomorrow.
2. Fall precautions should be exercised for the next 24 hours, because the medications can make your legs feel numb or weak. You should minimize activity during this time and may need assistance when walking. If you have movement restrictions per your provider please keep those in mind
3. Resume a regular diet; Drink plenty of fluids for 24 hours.
4. You may shower today but no tub baths, hot tubs or swimming pools for 24 hours. Band-aids can be removed after 24 hours.
5. You may resume your regular medications once you have left the facility. **Blood thinning medications (Coumadin, Plavix, Aspirin, etc.) should be restarted the day after the injection.**
6. For **diabetic patients**, please monitor your blood glucose closely over the next 48 hours due to steroids which can occasionally increase your blood glucose. Notify your medical provider that prescribes your diabetic medications, if your glucose is not controlled by your normal medications.
7. For **hypertensive patients**, please monitor your blood pressure readings closely for the next 48 hours due to steroids which can occasionally increase your blood pressure. Notify your medical provider that prescribes your blood pressure medications, if your blood pressure is not controlled by your normal medications.
8. You may experience increasing pain after your injection, place ice on the injection site **15 minutes** three times a day to aid in pain relief. **Often times, the original pain may return to its former intensity, as the treatment relieves the pain for a period of time. Local anesthetics are effective in minutes, but will wear off in a few hours. Take your pain medication as prescribed by your medical provider.**
9. Fall precautions should be exercised for the next 24 hours, because the medications can make your legs feel numb or weak. You should minimize activity during this time and may need assistance when walking. If you have movement restrictions per your provider please keep those in mind.
10. IV site soreness and bruising may be present. This will usually resolve in a few days. If increasing tenderness, swelling, or red streaking around the IV site – call your surgeon or referring medical provider.
12. Make sure you have a follow-up appointment with your surgeon or referring medical provider.

Notify your surgeon's office, if you experience any of the following symptoms:

1. Chills or fever greater than 100.5 degrees
2. Swelling, redness, and drainage from the surgical site
3. Loss of bowel and bladder control
4. Prolonged or unexpected numbness and/or weakness, inability walking
5. Severe pain, not controlled by your pain medications
6. Severe headache that worsens upon sitting/ standing or is accompanied with nausea and vomiting
7. Bleeding that is not easily stopped with 5-10 minutes of pressure

If you have an emergency, dial 911 or go to the nearest Emergency Room.

Patient Signature: _____

Witness Signature: _____

Responsible Party Signature: _____