

DISCHARGE INSTRUCTIONS

You received a:

1. Upon arrival at home, you may lie down for 1 to 2 hours. Then you may walk short distances and perform light activities. You may resume your normal daily activity tomorrow.
2. Keep the injection site dry and inspect the site twice a day for 3 days. Remove the Band-Aid 24 hours after the injection. You may shower today. NO soaking baths, hot tubs, whirlpools or swimming pools for 24 hours.
3. Some discomfort may occur at the injection site. You may:
 - Take over the counter pain medication such as Tylenol or Motrin or narcotic meds as prescribed.
 - Apply an ice pack for 30 minutes, 2 to 3 times a day for the first 24 hours. Then heat.
4. It may take 3-6 days for the steroid medication to respond. You may even notice a worsening of your symptoms for 1-2 days after the injection. The onset and degree of pain relief is variable.
5. **If you take aspirin or non-steroidal anti-inflammatory drugs.**
(Motrin, Advil, Ibuprofen, Naprosyn, Voltaren, Relafen, etc.) - You may start the evening of the procedure.

If you take a blood thinning medication, please discuss this with your primary care physician and your pain physician.

(Coumadin, Lovenox, Ticlid, Plavix, etc.) – You may start these medications the morning after the procedure unless instructed otherwise.

Call the office at (973) 796-5216, if you are experiencing any of the following:

- Severe back pain
- Severe headache that does not go away with medicine, is worse when sitting or standing up, and is greatly relieved upon lying down.
The headache may also be associated with nausea and/or vomiting.
- Chills or fever (Temperature of 101F, or greater).
- Redness, swelling, tenderness, or drainage at the injection site, or new onset of radiating pain to a different location of your body.

6. If you are experiencing the following, proceed immediately to an emergency room to have your back scanned for possible spinal bleeding or infection:

- High Fever
- Sensory loss in the groin and rectal area
- Sudden loss of strength in arms/legs
- Cannot move your legs
- Not able to urinate after the injection or lose bowel or bladder control
- Sudden chest pain/shortness of breath
- Severe lethargy, seizures or new onset of confusion