

DISCHARGE INSTRUCTIONS

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Physical Medicine & Rehabilitation
Interventional Spine



Name: _____

Date: _____

- Patient has a driver present
- Patient has arranged for pick up following the procedure
- Patient is taking a cab or public transportation

► What should I expect after the injection?

- Following the injection, you may feel heaviness or numbness in your arms or legs. You may require assistance leaving the procedure room. These sensations usually disappear in a few hours.
- For the rest of the day, it is advisable to take it easy. You should not sit for more than 1-2 hours at a time. You may lie down and sleep.
- You may experience temporary steroid side effects such as: hot flashes, face flushing, restlessness, hyperactivity, anxiousness, or headache. Please increase your fluid intake and feel free to take whatever over the counter medication you use for headaches.
- If you are sore at the injection site, you may place a towel followed over an ice pack on the area three times a day as needed. You may start noticing pain relief starting as early as 2 days, but it may take 1-2 weeks before you notice significant pain relief.

► Can I go back to work the next day?

- If your job does not involve heavy labor, you may return to work the following day.
- If you have received sedation or pain medication, do not drive, drink alcohol, operate machinery, sign legal documents, or make any legal decisions for 24 hours.

► When can I resume my medications?

- **If you stopped an antiplatelet or anticoagulant medication ("blood thinner") for the procedure, you may resume this medication in 24 hours.**
- You can otherwise re-start all your non-blood thinner medications immediately after the procedure is over.

► Do I have any restrictions?

- Avoid strenuous activity and lifting for 5 days. Do not attend physical therapy for 1-2 days.
- Showers are OK. Do not take a bath, swim, or sit in a Jacuzzi or hot tub for the next 2 days.

► When is it important to contact the physician?

- If you experience a fever, chills, increasing pain, weakness or numbness, new bladder and/or bowel incontinence symptoms, an extreme headache that will not respond to medication or develop an infection at the injection site, immediately notify your physician:
Dr. Best: **312-432-2589** or Marzena (Medical Assistant): **312-432-2458**
- AFTER 4PM ON WEEKDAYS OR ANYTIME ON WEEKENDS, CALL **312-431-3400** and ask for your physician.
- **IN AN EMERGENCY, CALL 911.**

FOLLOW UP

_____ 2-3 weeks for in-person office OR video telemedicine visit

_____ 2-3 weeks with referring physician

_____ 1-2 days video telemedicine visit

_____ 1 month in-person office OR video telemedicine visit