



## Discharge Instructions

You may experience lightheadedness, dizziness, and sleepiness due to your anesthesia. Because of this, a responsible person must drive you home and stay with you overnight. Please review the following guidelines for a successful recovery:

### ACTIVITY:

- Rest at home today.
- For the next 8-12 hours, do not drive, operate machinery or power tools, sign any important papers or make important decisions
- If possible, arrange care for dependent adults or children
- You may perform **light** exercise (leisurely walking, etc.). Resume other activity after 3 days.
- No heavy lifting (greater than 5 lbs) for 1 week.
- Avoid twisting and bending (no workouts, heavy household duties, etc) for 3 days

### DIET:

- Drink plenty of fluids
- Do not drink alcoholic beverages of any kind, including beer and wine.
- Eat food as tolerated. Begin with a light meal and progress depending on how you feel.

### COMFORT MEASURES:

- You may take your usual medication.
- You may apply ice to the injection area for twenty minutes at a time every 1-2 hours. Do not place a heating pad to the area for at least 24 hours.
- Remove the dressing or Band-Aid after 4 hours
- You may shower. No baths, hot tubs, or swimming for 24 hours.

### EXPECTED EFFECTS:

- You may experience facial flushing from the steroid injection (cortisone medication), sleeplessness or a restless feeling. These symptoms can last for 2-4 days and are quite normal.
- You may experience an increase in pain the day after your procedure. Steroid medication can take 1-3 days to start working. It may take this long to feel a decrease in your pain. Do not become discouraged if the pain takes 3 days to subside.
- If your test was a diagnostic test, you will not have lasting pain relief.

### COMPLICATIONS TO WATCH FOR:

- Numbness, weakness or tingling in the arms or legs lasting for more than 24 hours.
- Fever or temperature greater than 101. If you feel hot, take your temperature.
- Nausea, new or unusual headache, or neck stiffness.
- Difficulty urinating or holding your urine.
- Bleeding or drainage from the injection site (more than ½ teaspoon).
- Unusual swelling or redness around the injection site.
- Chest pain or difficulty with breathing: call 911, as it may be a reaction to the medications given.

### FOR ANY OF THESE PROBLEMS:

Call Peninsula Procedure Center at (650) 366-4600. We are open Monday through Friday, 7:00AM to 5:00PM. After hours or on weekends: please call your physician's office.

The above instructions have been reviewed by me. I understand they are for my benefit.

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Nurse Signature

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Patient Signature

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Responsible Adult (other than patient) Signature