

Mile High Sports and Rehabilitation Medicine, PC

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DISCHARGE INSTRUCTIONS FOR SPINE INJECTIONS

1. Procedure: Cervical Epidural Injection Cervical Transforaminal Injection Facet Joint Injection
 Lumbar Epidural Injection Lumbar Transforaminal Injection Sacroiliac (SI) Joint Injection
 Medial Branch Nerve Injection Selective Nerve Root Block Caudal Injections
 Other: _____
2. Upon arrival 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. If you have had a diagnostic Medial Branch Block, then perform light activities that normally cause your pain after the procedure. Avoid lifting objects over 20 lbs and do not drive for 12 hours after the injection.
3. Keep the injection site dry and inspect the site 2 times a day for 3 days. Remove the Band-Aid 24 hours after the injection. You may shower the day after the injection. NO soaking baths, hot tubs, whirlpools or swimming pools for two days post injection.
4. Some discomfort may occur at the injection site. You may:
 - a. Take antibiotics and over the counter pain medication such as Tylenol®, Motrin®, or narcotic medication as prescribed.
 - b. Apply an ice pack for 30 minutes to the site, 2 to 3 times a day for the first 24 hours.
 - c. Following 24 hours, apply heat to the site 2 to 3 times a day as needed. Use moderate heat to avoid burning the skin surrounding the site.
5. It may take 3 to 5 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. Document your pain scores on your Pain Diary.
 - a. Steroids can cause side effects. They are almost all short lived in duration. Some of these side effects include: sweating, insomnia, swelling, flushing, headache, fluid retention, palpitations, flu-like symptoms, nausea, increased heart rate, and/or menstrual changes. Call Mile High Sports and Rehabilitation Medicine if you have any questions regarding the side effects you are experiencing.
6. **If you take Aspirin or non-steroidal anti-inflammatory drugs**, (Motrin, Advil, Ibuprofen, Naprosyn, Voltaren, Relafen, etc.) you may start taking these medications the evening of the injection.
7. **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 taking these medications the evening of the injection.
8. If you had IV sedation, try clear liquids first and if you are not nauseated, then advance diet as tolerated.
9. **FOR NON-EMERGENT QUESTIONS OR CONCERNS, CALL 303-331-6744** Monday – Friday 8a – 5p. After 5p or on weekends, you will be directed to the Physician on call.
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Call Mile High Sports and Rehabilitation Medicine if you are experiencing any of the following:
 - a. Severe back pain
 - b. 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.
 - c. Chills or fever (101F or 38.5C or greater)
 - d. Redness, swelling, tenderness, or drainage at the procedure site, or new onset of radiating pain to a different location of your body.
 - e. If you are not experiencing adequate stimulation and reprogramming is needed.
11. **If you are experiencing any of the following, proceed to the nearest Emergency Department to have your back scanned for possible spinal cord bleeding:**
 High fever Sensory loss in the groin or rectal area Sudden loss of strength in arms or legs
 Sudden chest pain/shortness of breath Severe lethargy, seizures or new onset of confusion
 Cannot move your legs Not able to urinate after the injection or lose bladder or bowel control
12. A nurse or medical staff member will call you within one week of your injection. If not, please call our office at 303-331-6744 to inform us of any concerns and your level of pain relief. Note the degree of pain relief, especially on the day of the injection.
13. An appointment is needed 1-2 weeks after your injection. If your injection was performed for diagnostic purposes, please contact your referring physician's office to schedule a follow-up appointment with your referring provider.
14. If you have any questions or concerns, please contact our office at 303-331-6744.

Patient Signature

Witness Signature