

Patient Discharge Instructions

You have had the following procedure:

Selective Nerve Root Block
Stellate Ganglion Block
Lumbar Sympathetic Block

Lumbar Epidural Steroid Injection

Cervical Epidural Steroid Injection Other
Cervical Facet Injection
Lumbar Facet Injection

Transforaminal Steroid Injection
Rhizotomy

Post Procedure Pain:

Soreness at the injection site is expected. This may also lead to localized muscle spasm and pain referred to other areas away from the injection site.

When steroids are used in the injection, soreness may increase over the following 24-72 hours after the procedure. The original pain may return to its former intensity, or occasionally it may be worse soon after the treatment. This may occur even if the pain was completely relieved for a period of time. This can be expected to gradually improve over the next 5 to 10 days.

You may use ice at the injection site rotating each 20 minutes apart. You also may take over the counter analgesics.

You should contact your physician: Dr. Tibor Racz @ 972-572-6101, if the following occurs:

Infection = include fever > 101 degrees, chills, excessive swelling/redness at the wound site

Neurological Changes = new onset of numbness or weakness (that was not present before your procedure), lasting more than 12 hours after your procedure.

Urinary Retention = inability to urinate over 8 hours

Adverse Reaction = Rash, swelling, excessive itching, persistent headaches, nausea & vomiting (if persistent and unable to tolerate clear liquids for over 8 hours), shortness of breath or painful breathing – proceed directly to the nearest Emergency Room

Sedation

Do not drive or operate machinery for 24 hours

Do not sign any legal documents or make any important decisions in the next 24 hours

Do not drink alcoholic beverages for 24 hours, or while taking perscribed medications

Activity

Rest for the remainder of the day after your procedure, resume normal activities the next day

Avoid strenuous activities i.e.: bending, stooping, heavy lifting and prolonged sitting

Avoid using stairwells without assistance the day of your procedure

Walk with assistance until normal sensation returns and weakness is gone

Diet

Resume your normal diet

Medication

Take all prescribed medications as directed. If you take a blood thinner or are on Aspirin, you should resume these medications the next day after your procedure.

If you have been referred for an injection/ procedure and are getting pain medications from the referring physician that physician will continue to prescribe your medication.

Additional controlled medications will not be prescribed over the phone under any circumstances. If additional medication is needed after the procedure, they must be prescribed after evaluation in the physician's office.

Wound Care

Band-aids may be removed the afternoon of your procedure. You may shower 24 hours after your procedure, no bath for 3 days.

If catheters or leads are left in place DO NOT change the dressing unless otherwise instructed. Contact Dr. Racz's office if you notice excessive bleeding or signs of infection (fever, swelling, redness, warmth, pus).

I HAVE READ THE ABOVE DISCHARGE INSTRUCTIONS & HAVE NO FURTHER QUESTIONS

Patient Signature

Date:

Witness Signature

Date:

S:\Business Office\DISCHARGE INSTRUCTIONS\Discharge Instructions for all docs.xls&R3/13/2012DR. RACZ