



## **Outpatient Discharge Instructions**

**Patient Name:** \_\_\_\_\_

**Next Appointment:** \_\_\_\_\_

### **Post-Operative Pain Relief**

- Discomfort is expected for a duration of 2-3 days.
- Use an ice pack to the injection site, 20 minutes on, 2-3 times a day.
- Do not use heating pads on the injection site for the next 24 hours.
- Pain relief should begin as advertised by your physician.
- Light activity today. Please call us at (817) 348-8600 if you have persistent and severe numbness or weakness in an extremity after an injection for more than two days.
- Please take great care weight weight-bearing activities as you may be prone to falling.
- Keep the injection site clean and dry.
- Do not submerge the injection site in water for the next 24 hours.

### **Medications**

- Start back taking any blood thinners or anti-inflammatories 24 hours after your procedure.
- Continue medications as prescribed preoperatively.
- Do not take any medications on an empty stomach.
- If you are diabetic, it is common to experience a temporary elevation in your blood sugar after your procedure.
- Continue your diabetes medication as prescribed and monitor your blood sugar.

### **Diet**

- Resume diet as tolerated.

### **Complications**

Call our office at (817) 348-8600 if you have the following symptoms immediately or up to 5 days after your procedure:

- Fever over 101°F or severe chills
- Persistent nausea or vomiting
- New difficulty urinating
- Bandages are soaked with blood or pus from the needle puncture site
- Swelling, odor, or redness at the needle injection site
- Loss of color, movement, or sensation of extremities

If you are unable to reach the office during business hours or the on-call physician after business hours and have an urgent, severe emergency, call 911 or go to your nearest emergency room.

Please note that transfer to the on-call physician is an option after business hours when you call our main line at (817) 348-8600.