

Discharge Instructions

THINGS TO EXPECT

1. After your arrival home you may have numbness or a heavy sensation in one or both of your legs that you may or may not be aware of. This is normal. Be careful getting out of the vehicle and make sure you can stand up before putting all of your weight on your legs.
2. When you get home, your doctor would prefer you to lie flat on your back for 3-4 hours. If you cannot possibly do this, then a recliner leaned all the way back is recommended.
3. You can shower/bathe, but do not run or soak in hot water over the injection site. This can cause unnecessary bleeding and later, pain.
4. If you had a cortisone injection, you need to ice the area for 10-20 minutes out of every hour for the next 2-3 hours, then on and off as needed for the next couple of days. Any excessive time of icing can cause a burn just like heat and/or freezing of the blood in the back and can cause permanent scarring.
5. If you had a cortisone injection you are asked not to lie on your sides too often. Remember, cortisone is liquid and it will travel by gravity.
6. After any procedure, you may be asked to take it easy over the next couple of days. You may need to be out of work for a day or two. If you need a work note or release, please ask one of the healthcare professionals and they will be glad to provide you with one.

SPECIAL CONSIDERATIONS

Some injections may take 2-6 days before you have any pain relief because the effect of the cortisone is not immediate. For the first 1-2 days, there may be an increase in the pain until the cortisone takes effect.

You should not drive the day of your procedure. Caution should be used over the next few days when driving or operating heavy machinery.

IF YOU HAVE SEVERE PAIN OR EXPERIENCE ADDITIONAL SYMPTOMS, CALL YOUR DOCTOR IMMEDIATELY AT

762-235-3550 then press option #2