



# DISCHARGE INSTRUCTIONS FOR PAIN PROCEDURES UNDER SEDATION

Your procedure was performed today under sedation. You had a:

- Epidural Steroid Injection - Lumbar/Cervical/Thoracic/Sacral
- Sacroiliac Joint Injection                       Rhizotomy                       Medial Branch Block
- Other: \_\_\_\_\_

Common Sedation side effects may last up to 24 Hours and include:

- Tiredness or dizziness
- Changes in blood pressure or blood glucose levels

Post-Sedation instructions:

- Resume your usual diet as tolerated. Start with liquids and bland foods.
- Be careful getting up and walking. Have someone help you until you feel steady.
- Do not drive, operate heavy machinery, or make any important decisions for 24 Hours.
- Do not drink alcohol for 24 hours.
- Monitor your blood glucose levels if you are diabetic.

Common Procedure side effects include:

- Soreness/tenderness around the injection site
- Numbness or tingling in your legs or arms

Post-Procedure instructions:

- Use an ice pack at the injection site. Do not use a heating pad or other direct heat source.
- You may shower starting tomorrow. No soaking in bath or pool for 4 days.
- You may remove the bandage tomorrow. A small amount of blood is normal.
- Do not engage in strenuous activity or heavy lifting until your physician says you may.

Medication instructions:

- Resume your usual medications EXCEPT for Aspirin and Anti-inflammatories (Motrin, Advil, Alleve, etc). You may resume these after 24 hours.

Other: \_\_\_\_\_

**\*\*\*Contact your Doctor if you have problems or questions\*\*\***

- If you experience sudden or severe pain
- If you run fever greater than 101
- If you experience any unexpected symptoms
- If you have any loss of bladder or bowel control

Dr \_\_\_\_\_ Phone# \_\_\_\_\_.

These discharge instructions have been explained and a printed copy provided to the patient/caregiver.

\_\_\_\_\_  
Responsible Adult Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date