

Procedure Discharge Instructions

FOLLOW THESE INSTRUCTIONS AFTER YOUR PROCEDURE

- No driving the day of the procedure.
- Resume your regular medications as prescribed by your provider. If you take a blood thinner you may resume taking it 12 hours after the procedure.
- Rest today and resume daily activities tomorrow. Do not engage in strenuous activity or heavy lifting for 48 hours.
- Remove your bandage(s) in 24 hours.
- If you had an injection with contrast, drink plenty of fluids to help flush contrast from your body.

COMMON SIDE EFFECTS

- Increased pain/discomfort at the procedure site for the first day or two.
- Increased pain: You can expect some discomfort for several days after your Radiofrequency Ablation. An ice pack to the injection site is helpful for the first 12 hours. Take your usual pain medications prescribed by your physician.

STEROID INJECTIONS ONLY

- Steroids most often begin to work in 3 to 4 days.
- Elevated blood sugar: Steroids may cause an increase in blood sugar in patients with pre-existing diabetes. If there is a rise in your blood sugar that is not controlled by your normal medications, contact your primary care physician.
- Elevated blood pressure: Steroids can cause an increase in blood pressure in patients with hypertension. If there is a rise in your blood pressure that is not controlled by medications, please call 615-941-8501.

CALL YOUR DOCTOR (615.941.8501) IF ANY OF THE FOLLOWING OCCUR:

- Fever greater than 101 degrees.
- Swelling, redness, or unusual drainage from the injection site.
- Increased SEVERE pain, inability to walk, profound weakness in your arms or legs, or loss of bladder or bowel control.



SPINAL CORD STIMULATOR TRIALS

- You will be given a post-operative antibiotic, please take your antibiotic as directed for the entire course of treatment.
- **DO NOT SHOWER WITH THE STIMULATOR OR GET THE PROCEDURE SITE WET.**
Sponge bathing is acceptable until the follow-up appointment and your stimulator is removed.
- Do not engage in strenuous activity or heavy lifting until your follow-up appointment. No extensive bending or twisting.
- Do not remove dressing or bandages.

STELLATE GANGLION NERVE BLOCKS ONLY

- You may resume your regular diet. You may resume your regular diet 3-4 hours **AFTER** your procedure. Small sips of water are OK.
- Eye/Face Drooping: Stellate Ganglion Blocks may make your eyelid droop on the side of the injection site. Your voice may also be hoarse. These will go away within a few hours once the anesthetic wears off.
- Difficulty breathing or swallowing.
- Prolonged hoarseness.

If you have an emergency dial 911 or go to the nearest Emergency Room.

You may be contacted by telephone within 48 hours after your injection for a follow up questionnaire. It is important to complete this questionnaire as it may delay any future injections that may be scheduled. If we are unable to contact you, your next injection may not be able to be completed. Your nurse will notify you if you are to be contacted. If this applies to you, please call if you have not heard from us within 5 days.

Patient Signature: _____

Witness Signature: _____

