

CRYSTAL COAST PAIN MANAGEMENT CENTER

2111 Neuse Blvd. Suite J
New Bern, NC 28560
252-636-0300

5053 Unit B Executive Dr.
Morehead City, NC 28557
252-726-8480

57 Office Park Dr. Suite 100
Jacksonville, NC 28546
910-353-6008

Procedure Discharge Instructions

After a procedure, you may temporarily experience (possibly up to 6 days):

- Increase in pain symptoms
- Tenderness at the injection site
- Bruising at the injection site
- Muscle spasms in the lower back
- Weakness in some of your muscles

In order to minimize discomfort during the first 24 hours after the procedure, you may apply ice to the injection site, for about 20 minutes per hour, while you are awake. After the first 24 hours, you may apply heat to the site.

Rest today. Tomorrow you may resume your normal activity. Avoid activity which causes pain or discomfort and:

- Walk with help for the first 24 hours since you may experience dizziness or lightheadedness. Your legs or arms may feel tingly, numb or weak.
- Do not drive, operate machinery, lift objects, drink alcoholic beverages, or swim for 24 hours after the procedure
- Do not take a bath for 24 hours, although showering is okay at any time after the injection

Resume a normal diet as tolerated, and continue to take your daily medications as scheduled.

After the procedure:

- Individuals with high blood pressure may notice a temporary increase in blood pressure
- People with diabetes may notice a temporary increase in blood sugar
- Stomach ulcers/reflux/heartburn may worsen temporarily

Notify our office if you notice any of the following symptoms after a procedure:

- Fever greater than 102 degrees
- Swelling or redness at the injection site that looks like an infection or large bruise
- Difficulty walking, talking, or moving your arms and legs, especially more than 6 hours after the procedure
- Difficulty with your bowels or bladder
- Unusual headache

If symptoms are severe or if you have chest pain, difficulty breathing or swallowing; immediately go to your local Emergency Room.

Special procedures:

- Facet Blocks are not a treatment, they are a diagnostic procedure, the pain may only be decreased or absent for a few hours after the procedure.
- Radiofrequency Ablation--pain may increase or persist before getting better. It may take 4-6 weeks to feel relief.

I have read the information above and had it explained to me, and I understand the instructions fully:

Signature: Patient or Responsible Person

DOB

Date

Signature & Title: Witness

Print Name: Responsible Person

The patient has been given an oral, IM or IV sedation medication. I am their designated driver:

Print Name: _____ Signature: _____