



Metro Denver Pain Management

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DISCHARGE INSTRUCTIONS FOR SPINE INJECTIONS

1. You received a
 - Cervical Epidural Injection
 - Cervical Transforaminal Injection
 - Lumbar Epidural Injection
 - Lumbar Transforaminal Injection
 - Other _____
 - Caudal Injection
 - Facet Joint Injection
 - Sacroiliac Joint Injection
 - Medial Branch Nerve Injection
 - Selective Nerve Root Block
2. Upon arrival at home, you may lie down for 1 to 2 hours. Then you may walk short distances and perform light activities. You may resume your normal daily activity tomorrow. If you have had a diagnostic medial branch block, then do light activities that normally cause your pain after the procedure. Avoid lifting heavy objects (over 20 pounds). Do not drive for 12 hours after the procedure.
3. Keep the injection site dry and inspect the site twice a day for 3 days. Remove the Band-Aid 24 hours after the injection. You may shower today. NO soaking baths, hot tubs, whirlpools or swimming pools for two days.
4. Some discomfort may occur at the injection site. You may:
 - Take over the counter pain medication such as Tylenol or Motrin or narcotic meds as prescribed.
 - Apply an ice pack for 30 minutes, 2 to 3 times a day for the first 24 hours.
5. It may take 3-5 days for the steroid medication to respond. You may even notice a worsening of your symptoms for 1-2 days after the injection. The onset and degree of pain relief is variable.
6. If you take aspirin or non-steroidal anti-inflammatory drugs (Motrin, Advil, Ibuprofen, Naprosyn, Voltaren, Relafen, etc.) you may start the evening of the procedure, but stop taking it 3 days before your next appointment.
7. If you take a blood thinning medication (Coumadin, Lovenox, Ticlid, Plavix, etc.), please discuss this with your primary care physician and your pain physician.
8. If you had IV Sedation, try clear liquids first and if you are not nauseated, then advance diet as tolerated.
9. FOR NON-EMERGENCIES OR QUESTIONS PLEASE CALL
Monday thru Friday 8:00a.m. to 4:30p.m. 303-750-8100
After 4:30p.m. or on weekends for the physician on call 303-750-8100
Or, Call the facility where you had the procedure for the physician on call.
- Call the Pain Medicine office at 303-750-8100, if you are experiencing the following:
 - Severe back pain
 - Severe Headache that does not go away with medicine, is worse when sitting or standing up, and is greatly relieved upon lying down. The headache may also be associated with nausea and/or vomiting.
 - Chills or fever (101°F, 38.5° or greater).
 - Redness, swelling, tenderness, or drainage at the injection site, or new onset of radiating pain to a different location of your body.
9. If you are experiencing the following, proceed immediately to an emergency room to have your back scanned for possible spinal cord bleeding:
 - High Fever
 - Sensory loss in the groin and rectal area
 - Sudden loss of strength in arms/legs
 - Sudden Chest pain/shortness of breath
 - Severe lethargy, seizures or new onset of confusion
 - Cannot move your legs
 - Not able to urinate after the injection or lose bowel or bladder control
10. A nurse may call you within one week. If not, please call our office to inform us of any concerns and your level of pain relief. Note the degree of pain relief, especially on the day of the procedure.