

DISCHARGE INSTRUCTIONS

- Trigger Point Injection
- Sacroiliac Joint Block
- Epidural Steroid Injection
- Celiac Plexus Block
- Facet Nerve Block
- Intercostal Nerve Block
- Radiofrequency Ablation

- Resume normal diet.
- Do not engage in strenuous activity.
- You may shower. Do not tub bathe for 24 hours.
- You may remove any bandages in the evening before bed.
- Take your usual pain medication.
- Use heat or cold at the injection site for comfort.

EFFECTS OF PROCEDURE

You may experience discomfort when the local anesthetic wears off. This usually lasts 2 or 3 hours. Apply ice to the affected area on the day of the procedure and moist heat the day after the procedure if the discomfort persists.

WHEN SHOULD I CALL FOR HELP?

- If you have difficulty breathing. Shortness of breath or pain when breathing.
- If your pain increases.
- If you experience fever or chills.
- If you have a severe headache.
- If you feel severe pain at the injection site. And notice swelling and redness.
- If you have severe leg weakness.
- If you have severe abdominal or back pain.
- If you experience severe back pain, loose bladder or bowel control, go directly to the emergency room.

Have someone take you to an emergency room. Tell the emergency room staff what procedure was performed. A physician will evaluate and treat any complications.

ADDITIONAL EFFECTS OF PROCEDURE FOR:

Trigger Point Injection You may experience numbness at the injection site, a sensation of warmth and or tingling.

Sacroiliac Joint Block You may experience leg cramping after the procedure. This is only temporary and can be treated with muscle relaxants.

Epidural Steroid Injection You may experience leg cramping after the procedure. This is only temporary and can be treated with muscle relaxants.

Celiac Plexus Block You may experience some dizziness. Lying down usually helps relieve dizziness. Temporary diarrhea.

FOR EMERGENCIES, DIAL 911 OR GO TO THE NEAREST EMERGENCY ROOM.