

DISCHARGE INSTRUCTIONS

1. Following your procedure you may resume all prior medications you were taking. If you are diabetic, monitor your glucose levels closely for the next 24 hours. You may take medication prescribed by the physicians as needed for pain.
2. Resume your normal diet. Drink plenty of fluids.
3. If you experience any local soreness today at the injection site, you may use ice for 20 minutes on and 30 minutes off. Do not apply ice directly to skin (cover the ice bag with a light cloth).
4. If, after 24 hours, you have new tingling, numbness, or excessive weakness in your legs, if a fever develops, or if you experience a severe headache (following an epidural), call University Pain Clinic at 313.745.PAIN (7246) between the hours of 8:00 am to 3:30 pm, Monday through Friday. For emergencies after these hours (**FOLLOWING PROCEDURES ONLY**) you may use the paging system at 313.745.0203 with pager #9697. Dial in your contact number where you can be reached.
5. Contact the office if you notice: bleeding or other drainage from the injection site, unusual redness or swelling around site, new or persistent pain, or fever above 100 degree F.
6. If you need immediate attention, or if you feel that you have a life threatening situation, please go to the nearest Emergency Room.
7. Band-Aids should be removed within 12-24 hours after the injection unless otherwise instructed.
8. Do not drive a motor vehicle or operate power equipment for the remainder of the day.
9. Do not get up unattended or take a shower for the remainder of the day.
10. If you do not have a follow-up appointment or procedure scheduled or if you have any other questions or concerns please call the University Pain Clinic at 313.745.7246.