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THE SPINE & PAIN CENTER

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# DISCOGRAPHY DISCHARGE INSTRUCTIONS

## WHAT YOU CAN EXPECT

It may take several hours for the pain to subside or return to baseline. It is possible to experience pain or soreness in the back or at the injection site for up to a week after the discography. Sometimes a cold compress applied to the area of pain may help (20 minutes on/20 minutes off).

## ACTIVITIES

1. Do not drive for the remainder of the day. Do not make any important personal or business decisions.
2. Avoid strenuous activity.
3. Keep the area of procedure dry for 24 hours. No tub baths for several days.
4. No alcoholic beverages for 24 hours.
5. Resume normal diet as tolerated.
6. Resume normal medications, unless otherwise instructed.

## SPECIAL INSTRUCTIONS

Contact our office at (215) 538-6430 if you notice any of the following:

1. Fever of over 100°F degrees.
2. Chills.
3. Swelling or drainage from the injections site.
4. Unusual severe pain that has increased after the procedure.

***THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.***

\_\_\_\_\_  
PATIENT SIGNATURE

\_\_\_\_\_  
NURSES SIGNATURE

\_\_\_\_\_  
DATE