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THE SPINE & PAIN CENTER

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1534 Park Avenue, Suite 310
Quakertown, PA 18951

830 Ostrum Street
Bethlehem, PA 18015

EPIDURAL STEROID INJECTION DISCHARGE INSTRUCTIONS

ACTIVITY

- Do not drive or operate machinery today.
- No strenuous activity today – bending, lifting, etc.
- You may resume normal activities starting tomorrow – start slowly and as tolerated.
- You may shower today, but no tub baths or hot tubs.
- You may have numbness for several hours from the local anesthetic. Please use caution and common sense, especially with weight-bearing activities.

CARE OF THE INJECTION SITE

- If you have soreness or pain, apply ice to the area today (20 minutes on/20 minutes off).
- Starting tomorrow, you may use warm, moist heat or ice if needed.
- You may have an increase or change in your discomfort for 36-48 hours after your treatment. Apply ice and continue with any pain medication you have been prescribed.
- Notify the Spine and Pain Center if you have any of the following: redness, drainage, swelling, headache, stiff neck or fever above 100°F.

SPECIAL INSTRUCTIONS

- Our office will contact you in approximately 7 days for a progress report.

MEDICATIONS

- Continue to take all routine medications.
- Our office may have instructed you to hold some medications.
- You may resume _____

If you have a problem specifically related to your procedure, please call our office at (215) 538-6430. Problems not related to your procedure should be directed to your primary care physician.

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE

TIME