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THE SPINE & PAIN CENTER

1534 Park Avenue, Suite 310
Quakertown, PA 18951

Phone: (215) 538-6430
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RADIOFREQUENCY DISCHARGE INSTRUCTIONS

ACTIVITY

- Do not drive or operate machinery today.
- No strenuous activity today - bending, lifting, etc.
- You may shower today, but do not sit in a tub of water.
- Resume normal activities tomorrow as tolerated.

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.
- Notify the Spine and Pain Center if you have any of the following: redness, drainage, swelling, or fever above 100°F.

SPECIAL INSTRUCTIONS

- Please call our office tomorrow with a progress report and make an appointment for a follow up visit in 4 weeks.
- If you feel a sunburn-like sensation in the area of your procedure, call our office.

MEDICATIONS

- Continue to take all routine medications.
- Most blood thinners can be started again on your regular schedule, please call our office with any questions.

***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