

**AMBULATORY SURGERY CENTER
PAIN DISCHARGE INSTRUCTIONS**

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All Patients:

- * You may experience an increase in your symptoms for the first two days. It can take 2 days to 2 weeks for the steroid to reach its maximum effect .
- * You may use ice to the site for the first 24 -36 hours. Apply 20 minutes each hour and 3 times per day over the following weeks.
- * You may take your pain medicine.
- * You may **resume your regular medication.**
- * You may shower, but no swimming, tub bath or Jacuzzi for 24 hours. **Remove bandage after 4 hours.**
- * You may resume light activities as tolerated.
- * Check with your requesting physician about restarting Physical Therapy.
- * Resume your usual diet as tolerated.
- * **You should not drive for the next 3 to 5 hours (have someone drive for you).**

If you have had IV sedation the following should be honored:

Do not drive for 24 hours; Do not use public transportation unaccompanied for 24 hours:

Do not operate hazardous machinery or make important personal/business decisions for 24 hours.

Who is driving you home? _____

POSSIBLE STEROID SIDE EFFECTS (if steroid was used for your procedure)

You may experience these, but they should only last for a short period of time

Change in menstrual flow	Edema (swelling)	Increased appetite
Skin flushing (redness)	Skin rash/acne	Thrush (oral)
Vaginitis	Sweats	Depression
Increased blood glucose (sugar) levels		Euphoria (feeling happy)

POSSIBLE PROCEDURE SIDE EFFECTS

-Call office if concerned-

Increased Pain	Increased numbness/tingling	Headache
Nausea/Vomiting	Hematoma (bruising/bleeding at site)	Edema (swelling at site)
Difficulty with movement/ambulation		Infection (redness, drainage at site)
Fever greater than 100.5 degrees Fahrenheit		

In the event of a headache after an epidural steroid injection: drink plenty of caffeinated beverages (coffee, tea, colas), get bed-rest for 24 hours and consider wearing a tight abdominal binder.

During office hours (8:00-4:30) questions or concerns can be answered by calling (609)-896-0444. If you are unable to reach anyone after hours or in case of emergency, please go directly to your nearest hospital or emergency care center.

THESE INSTRUCTIONS HAVE BEEN EXPLAINED AND THEIR UNDERSTANDING HAS BEEN VERBALIZED BY THE UNDER-SIGNED. A COPY OF THE INSTRUCTIONS HAS BEEN GIVEN TO THE UNDERSIGNED. (If patient is not sufficiently alert mentally, patient's representative should execute discharge instructions.)

Nurse's Signature

Signature of Patient

Date