



DISC SURGERY CENTER AT NEWPORT BEACH

Post-Operative Discharge Instructions for Pain Management Procedures

The Steroid Injection (*if applicable*) may require 4-7 days to take effect; it is normal to be sore until then. A medication was given at the time of the block that may make you numb. When the numbness wears off, the pain may return. Remove band-aid(s) in 24 hours. Do not be alarmed if there is a small amount of blood on band-aid(s).

1. Activity:

- Gradually increase activity as tolerated. Do not do strenuous activities for 24 hours.
- You may take a shower 24 hours after discharge. Avoid hot baths and Jacuzzis for 1-2 days.
- Be aware of dizziness, which may cause a fall. Change positions slowly. (*Patients receiving intravenous sedation only.*)
- You must be accompanied by a responsible adult upon discharge, and for 24 hours after surgery.
- Do not drive a motor vehicle, operate complicated machinery, drink alcohol, smoke, or make critical decisions for 24 hours.

2. **Diet:** Resume your normal diet slowly. Begin by drinking liquids. Progress your diet to food that are not spicy, then to your regular diet as tolerated, unless otherwise stated by your physician.

3. Medications:

- Continue the same medication schedule as before your procedure.
 - Non-Aspirin analgesics can be taken for pain, as directed. (Ibuprofen, Motrin, Advil, Tylenol).
 - Stop Aspirin for 48 hours after discharge.
 - Contact your Primary Medical Physician and/or Cardiologist regarding restarting Coumadin.
- **Prescription** given; Instructions on prescription reviewed with: Patient/Spouse/Significant Other.

4. Pain:

- If localized back pain or soreness exists during the first 24 hours after the procedure, apply ice packs every 4-6 hours for approximately 20 minutes, for 1-2 days.
- If pain or discomfort persists after 2 days, apply warm compress every 4-6 hours for approximately 20 minutes, for 1-2 days.

5. **Headache:** For headaches, drink fluid (such as Gatorade or similar) and take caffeine unless contraindicated.

6. YOU SHOULD CALL YOUR PHYSICIAN FOR ANY OF THE FOLLOWING:

- Temperature greater than 101° F.
- Headache which increases when standing and disappears when lying down.
- Tenderness, swelling, pain, discoloration or redness of the lower extremities.
- Profound weakness or numbness of legs or arms greater than before the procedure.
- Unexplained shortness of breath, chest pain or palpitations, anxiety and/or sweating, coughing up blood.
- Drainage, swelling or redness that persists at the injection site.



DISC SURGERY CENTER AT NEWPORT BEACH
Post-Operative Discharge Instructions for Pain Management Procedures

Please call your doctor's office today or the next business day and schedule for a follow-up appointment if a follow up appointment date & time have not been given to you.

Please call for any questions and/or concerns.
24 Hour Physician's Telephone Number (949) 988-7800
DISC Surgery Center at Newport Beach Telephone Number (949) 988-7888

In case of an emergency, if unable to reach your physician, call or go to the nearest hospital emergency department for advice or assistance.

I have received, read, understood, and accepted the personal responsibilities with the above post-operative discharge instructions.

PATIENT SIGNATURE/RESPONSIBLE PARTY & RELATION

DATE/TIME

NURSE'S SIGNATURE

DATE/TIME