

# Discharge Instructions:

CNY Spine and Pain Medicine, LLC

1. You have just had the following procedure \_\_\_\_\_.
2. Do not drive or operate any machinery for up to 24 hours.
3. Do not do any strenuous activity for the remainder of today.
4. You may resume your normal diet and medications, including blood thinners.
5. You may experience some initial increase in your symptoms after the procedure, this is not uncommon. If your pain is *significantly* increased, please call the office at 315-451-5400. If it is after 5:00pm, and you cannot get in touch with your doctor, go to the nearest emergency room with this paper and explain what procedure you had done, and the problem you are having.
6. For the next several days, please check the injection sites. If you see any drainage, increased swelling, redness, bruising, rash, or if you have a temperature of 101° or more, you may need to be seen by a provider. If any of the above occurs, please call our office. We may want to see you in the office or send you to the emergency room if after business hours.
7. Follow up appointment as directed.
8. You may experience the following symptoms after your nerve block:
  - Muscle weakness in your hands, arms, and legs.
  - Upset stomach.
  - Tingling and warm sensation in your legs or arms.
  - Your knees may buckle due to muscle weakness. This may last 2-4 hours after the procedure.
  - If you have dizziness, lie down. The procedure you had may cause a decrease in your blood pressure. This sensation should only last a short time. Gradually sit up and stand slowly.
  - If you experience any shortness of breath or pain when breathing, go to the nearest emergency room and tell them you are experiencing these new symptoms, they will need to evaluate you for respiratory complications.
  - Drooping eyelids, blood shot eyes, increased tearing, nasal stuffiness, hoarse voice or a sensation of a "lump" in your throat, warm, tingling sensation in your arm or hand.
    1. The above symptoms may occur up to 3-8 hours, after the procedure.
    2. Wait until your voice is normal before eating or drinking. Start with a sip of water and progress to solids as tolerated.
9. You may experience some soreness or discomfort in the area where your block was performed.
  - Apply ice to this area today, if discomfort continues the next day, apply moist heat.
10. If you are diabetic, the steroid injection may raise your blood sugar for up to 3 days, so please monitor it more closely.
11. Use **ICE** the **first** day, you may use heat the second day.