

DISCHARGE INSTRUCTIONS

During office hours (8:30-5:00) questions or concerns can be answered by calling 310-726-0233
If you experience any problems after hours, please use the number above and you will be redirected to the answering service.

Follow-up Appointment: _____

All Patients:

You may experience an increase in your symptoms for the first 2 days. (It can take 3-7 days for the steroid to have the maximum effect.)

- You may also experience temporary soreness or tenderness at the area of the treatment.
- Some patients (10%) may experience face, neck and chest flushing and redness. This does not require further treatment and usually resolves in 24-48 hours.
- **You should use ice to the site for the first 24 -36 hours**, 20 minutes each hour, and 3 times/day for the first few days. (NO HEAT for 48 HRS)
- You may resume taking any of your pain medicines, if necessary, to relief pain.
- You should **resume your regular medications today**, if any were stopped.
- You may shower, however no swimming, tub bath or Jacuzzi for 24 hours.
- **Remove bandage after 4 hours.**
- You may resume light activities, as tolerated. NO heavy lifting, bending, pushing, pulling x 48 HRS. You may engage in your normal activities as long as they do not cause you any pain.
- You may re-start Physical Therapy or chiropractic treatments, if applicable and as tolerated.
- Resume your usual diet as tolerated – immediately.

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

If you experience these, it should only last for a short period

Change in menstrual flow	Edema (swelling)	Increased appetite
Thrush	Skin rash/acne	Sweats/Feeling warm
Feeling jittery	Increased blood glucose (sugar) levels	

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)