



Post Procedural Spinal Discharge Instruction Sheet

1. You may resume a regular diet and any medications that you routinely take (including pain medications).
2. No driving day of procedure.
3. Light activity throughout the rest of the day. Do not do any strenuous work, exercise, bending or lifting. The day following the procedure, you can resume normal physical activity but you should refrain from exercising or physical therapy for at least three days thereafter.

Common Side Effects:

- a. **Headaches** - take your usual medications as directed by your physician. Increase your fluid intake. Caffeinated beverages may be helpful. Lie flat in bed until your headache resolves.
- b. **Restlessness or inability to sleep** - you may have trouble sleeping for the next few days. Ask your referring physician if you need any medication for sleep.
- c. **Facial flushing or redness** - should subside within a few days.
- d. **Increased pain** - a temporary increase in pain a day or two following your procedure is not unusual. Take your pain medication as prescribed by your referring physician.
- e. **Leg cramps**

Please contact our office at **336-433-5074** for the following symptoms:

- a. Fever greater than 100°
- b. Headaches unresolved with medication after 2-3 days.
- c. Increased swelling, pain, or redness at injection site.
- d. Profound weakness of the arms or legs.

Thank you for visiting our office.

Patient _____

Date _____

Witness _____

Date _____