

**Post Procedure Discharge Instruction:**  **Facet Block**       **Epidural**

The purpose of your procedure is to decrease your pain. This will be accomplished by blocking the nerves to specific area of your body.

A driver must accompany you and be responsible for getting you home. No driving is allowed the day of the procedure. You should also have assistance available, if needed, to walk for the first several hours following the procedure.

Apply ice packs for 10 minutes every 2 hours, as needed for pain. Please refrain from the use of heat or heating pads for 48 hours.

If you develop any of the following symptoms, please call the office at 518-487-4093/518-487-4095.

- A temperature of 100 degrees or higher
- Excruciating pain. You may apply ice packs at the site of injection for 15 to 20 minutes every 3 to 4 hours as needed for pain
- Increasing weakness in the arm/leg
- Allergic reaction including itching or hives
- Redness, swelling, increasing pain, bleeding or discharge from the injection site
- Headache in the standing or sitting position which is fully relieved by lying down
- Loss of bowel and/or bladder control
- Sudden shortness of breath or chest pain if you have received a lower cervical thoracic block

\* If you develop these symptoms after the normal working hours between 8:00 am to 4:30 pm, please contact the emergency department of Albany Memorial Hospital or any other hospital close by.

You may experience immediate relief after the injection: however, due to the initial irritation from the steroid, your pain may increase over the next 24 hours. The initial effect of the steroid will begin in about 1 to 3 days and will take 7 to 14 days for the maximum effect.

If you have finished the current series of injections, please contact our office to make a follow-up appointment. We ask that you keep a diary of your pain scale (0-10, 10 being the most severe pain) and bring it with you to your next appointment.

I have read the above and understand the instructions.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions given by: \_\_\_\_\_