

POST-DISCOGRAPHY DISCHARGE INSTRUCTIONS:

PROCEDURE:

The name of the procedure you just had is discography. This procedure was prescribed by your physician to collect valuable information as to the source of your pain. In some patients this procedure may be painful, because the goal of the procedure is to reproduce the pain you regularly experience. This is done by injecting radiographic contrast material or dye into the discs (shock absorbers between vertebral bodies) in your back.

WHAT TO EXPECT:

If you experienced pain during the procedure, it may take several hours for the pain to subside or return to your baseline level. Some patients experience pain or soreness in the back or at the puncture sites that last up to a week.

However, if you think that the type of pain you are experiencing is out of proportion to the soreness or dull pain to be expected from the procedure, do not hesitate to contact us.

POST-PROCEDURE MEDICATIONS:

You may resume your regular medications after the procedure is over. If dose adjustments are needed to cope with the expected post-operative pain or soreness, please contact your referring physician.

If you were not taking any medications regularly for pain control, the pain from the procedure itself can usually be controlled with over-the-counter pain relievers. Sometimes, a cold compress applied to the area of pain may help.

ACTIVITIES:

1. Do not drive for the remainder of the day. Also, avoid tasks that require concentration or quick reaction. Likewise, delay any important business or personal decisions for 24 hours
2. Avoid strenuous activities, and try to rest the affected area for 3 or 4 days
3. Keep the area of the procedure dry for 24 hours
4. You can resume a normal diet as tolerated
5. Do not drink alcoholic beverages for 24 hours

WHAT TO LOOK FOR:

As the radiologist discussed with you at the time of obtaining consent, the main concern with discography is the possibility of spine infection or discitis/osteomyelitis. It is important that you detect any early symptoms that may indicate an infection in the disc. If you notice any of the following:

1. Fever
2. Chills
3. Swelling or drainage from puncture site
4. Unusual severe pain, changing in quality from the time immediately after the procedure

RESULTS:

The results of the test will be sent to your physician in the next few days. Please make an appointment with your physician to discuss the results and possible therapeutic options.