



DISCHARGE INSTRUCTIONS for Pain Injection

- You have received an injection of local anesthetic and/or steroid medication for the treatment of your pain problem. You may feel better immediately for a short time due to the local anesthetic. You may resume normal activities as you are able to tolerate.
- You may experience some temporary numbness and/or weakness in your legs due to the local anesthetic. This should wear off within 24 hours. Be extra careful when walking to avoid falls. Call the office if the numbness/weakness is severe or becomes worse over time.
- You may resume your normal diet and fluid intake.
- You may shower or bath as you wish
- You may have some local tenderness where the needle was inserted during the procedure. Back discomfort is generally well treated with over-the-counter medication such as Tylenol/ Acetamenophen or Tumeric
- If you are diabetic, eat regularly and resume your scheduled insulin. If you received steroid medication, you may find your glucose level elevated for a short time. If you take blood thinning medications, resume your scheduled dose as ordered by your doctor the day following your injection.
- If you get partial benefit from this injection, it may be helpful to repeat the injection. You may wish to call your referring physician and let him know of your progress 1-2 weeks after the injection.
- Please make note of the following information for your Physician and Nurse: How much of your pain is relieved and where? How long does your relief last? Any changes in activity or pain medication? Any change in the type of pain you experience? Did you have any side effects or problems?
- Please call Dr Kosek's office at (541) 868-8353 for any of the following problems. Pain that is different from your usual pain; Fever; Numbness or weakness that is severe or worsens over time; severe headaches; Changes in bowel or bladder control.
- For emergencies call 911

Patient or Authorized Signature Date

Witness

Date
