
Post Procedure Discharge Instructions

Today you had the following procedure performed: _____

1. The beneficial effects of nerve blocks may take several days to be apparent. Nerve blocks may not relieve all of the pain and a temporary increase in pain may occur. Repeat injections may be necessary as determined by your physician.
2. Your balance may be affected by the procedure. Use caution when moving.
3. Pain and/or bruising of injection site is normal for a few days after the procedure. You may apply a cold pack for the first 24-48 hours and then resume regularly prescribed medications for pain as needed. However, if the injection site starts to get warm or red, please contact your doctor.
4. You may experience numbness or weakness for 2-3 hours after your procedure. If this persists more than 3 hours, please call your doctor.
5. You may have a dressing or Band-Aid at your injection site. You may remove after 24 hours.
6. Avoid prolonged immersion or bathing, including any standing water, for 24 hours. You may take a shower.
7. If you're diabetic and received a steroid, your blood sugar may run higher than normal over the next couple of days. Contact your primary care physician if your blood sugar exceeds 300.
8. Some patients who are sensitive to steroids may have minor short-term side effects including fluid retention, anxiety, mood changes, night sweats, restlessness, and flushed cheeks.
9. If you stopped taking a blood thinner for this procedure, make sure to resume that medication according to your doctor's instructions.
10. Take other medications as prescribed by your doctor and follow any other written or oral instructions from your doctor. If you have been sedated for a procedure, be cautious with any sedating medications for the next 24 hours.
11. If you have severe pain and stiffness at the site, neck stiffness with nausea and vomiting, fever greater than 100°F, chills, the inability to walk, unusual bladder or bowel function, prolonged weakness or sensory loss in the affected extremity, a severe headache that decreases with lying down, or any other unfamiliar symptoms, report these findings to your doctor. If you are unable to reach our office as below, report to the emergency room or call 911.
12. **If you need to reach us after hours, call our office at 205-208-9001. If you call us after 4:30 PM, you will be prompted to leave a message which will go to our on-call provider. Someone will call you back via an unlisted phone number. So please answer your phone.**

If you received sedation for your procedure today, please adhere to the following recommendations.

1. A responsible adult should remain with you today. Rest quietly and limit activities for the remainder of the day.
2. Do not drink alcohol, drive a car, make legal decisions, cook, or operate heavy machinery during the next 24 hours.
3. Maintain a light diet, drink plenty of fluids, and progress to regular diet as tolerated.
4. Some anesthetic medications may cause nausea or vomiting. If this persists until the next morning, call your doctor.
5. If you have obstructive sleep apnea, please be sure to wear your CPAP mask for oxygen today while sleeping. Receiving sedation can make you more likely to obstruct.

Additional instructions:

Do not hesitate to call with any questions or problems, and with an update of your condition.

Your next procedure appointment is on: _____

Keep your follow-up appointment if scheduled

Follow-up with your referring physician