

SOBEL SPINE & SPORTS
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DISCHARGE INSTRUCTIONS

THESE INSTRUCTIONS ARE A GUIDELINE FOR YOU TO FOLLOW AT HOME:

It generally takes several days (from 3-5) to see improvement in your pain. Be patient and rest.

GENERAL INSTRUCTIONS:

- Restrict activities for the next 24 hours and rest. You may gradually return to your normal activities over the next 24 – 48 hours as tolerated.
- Keep the area dry and clean for 24 hours. You may shower, however do not soak the area for 48 hours (no baths, hot tubs or swimming pools)
- You may resume taking all of your routine medications and pain medications if needed. If you have discontinued the use of “blood thinning medication (Coumadin, Lovenox, Plavix Ticlid) resume these medications according to the instructions of your prescribing physician.

POSSIBLE SIDE EFFECTS:

- **Discomfort at the needle insertion site(s).** This is relatively common and will resolve. You may use cold packs, Tylenol or Anti-Inflammatories (such as Motrin) if not allergic.
- **Increase in glucose levels.** If you are diabetic, monitor your glucose levels carefully and contact us or your primary care physician if the levels rise excessively.
- **Fluid Retention.** Steroid medications can cause some retention of fluid in your body. This is usually a short term effect and will resolve with time.
- **Leg or Arm Cramping.** Some people experience this particularly at night time after injections. If this occurs drink plenty of fluids (water and electrolyte solutions such as Gatorade) and try Calcium, Magnesium, and Potassium supplements if not medically contraindicated.
- **Headaches.** Occasionally, you may experience a mild headache after an injection. Again, Anti-Inflammatory medication is helpful.
- **Numbness/Weakness of extremity.** This will restore within hours and is due to the anesthetic agents.

EMERGENCIES:

For life threatening emergencies, call 911 or go to the nearest Emergency Room. Contact us immediately if you experience any of the listed symptoms:

- Severe headaches with associates light sensitivity, stiff neck or other signs of Meningitis.
- Temperatures greater than 100.6F.
- Loss of bowel or bladder control.
- Drainage, redness or swelling at the procedure site.