

Name:

DOB:

Acct#:



## ESI DISCHARGE INSTRUCTIONS

It is our hope that your injection has gone smoothly and that the information obtained will help you resolve your spine problems. Complications after these injections are uncommon. It is very important that you follow up with your doctor to continue a comprehensive care program that will insure the best possible outcome of both function and pain control. Today's injection may have given your doctor information about the nature of your pain problem and the anesthetic and steroid may help control your pain. If pain relief is achieved, the duration is somewhat unpredictable. More symptom relief may be achieved from further injections depending on your response.

- ❖ After the injection, you will be allowed to leave NHOC when Dr. Macey feels it will be safe for you to walk and you are otherwise stable.
- ❖ Depending on the exact medication injected, you may have tingling for several hours following your injection – this is normal.
- ❖ Most patients have some increase in pain in the area injected because of the needle inserted. You should use ice and/or Tylenol to control this pain.
- ❖ Occasionally there is a flare of your usual pain for several days following the injection that should resolve. Severe or progressively increasing pain should be reported to the doctor on call *immediately*.
- ❖ Increasing numbness or weakness in any part of your body (including serious loss of function such as inability to walk or loss of bowel or bladder function) after the initial numbing medicine wears off should be reported *immediately* to the doctor on call.

If you have been given steroid in your injection:

- ❖ You may feel jittery, flushing or general uneasiness following a dosage of injected steroid – this is normal and usually resolves in a few days.
- ❖ If you have diabetes, injected steroid may worsen your usual blood sugar control for several days. This may require adjusting your diet or medication. If you have questions, call your personal physician.
- ❖ Women occasionally complain of menstrual irregularity following steroid injections. This should resolve within several cycles.

If you have any questions following your injection, please call NHOC 603-883-0091.

I certify that these discharge instructions have been fully reviewed with me and questions have been answered to my satisfaction.

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Patient

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Clinic Personnel

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Date