

**SIERRA AMBULATORY SURGERY CENTER 530-272-3428**  
**PAIN MANAGEMENT DISCHARGE INSTRUCTIONS**

**ACTIVITY**

- Do not drive or operate machinery for 24 hours.
- We recommend a responsible adult be with you for 24 hours post procedure.
- Do not consume alcohol, tranquilizers or sleeping medications for 24 hours.
- It is advised you rest today, however you may pursue light activity as tolerated.
- Do not engage in strenuous activity for at 48 hours. These activities can be described as anything that would strain or stress your back / neck. i.e. heavy lifting (25 lbs.), bending over, and twisting. The more you can rest your problem area, the better chance for relieving your pain.
- We recommend that you do not make any legal decision for 24 hours.
- Please change positions slowly to avoid dizziness or nausea.

**DIET** You may resume a regular diet as tolerated.

**INJECTION SITE**

- You may have a band-aid on your injection site. This may be removed at home.
- You may shower, but it is recommended that you do not sit in a bathtub or hot tub for 48 hours.
- If you have discomfort at your injection site, place an ice pack over the area for 20 minutes at a time.
- You should not apply heat to the injection site for at least 2 days.

**MEDICATIONS**

- You may resume your daily prescription medication schedule immediately except;
  - You may resume your non-prescription vitamins, herbal supplements and non steroidal medications tomorrow.
  - Any prescription blood thinners should be resumed tomorrow.
- Diabetics need to monitor their blood sugar closely, as the steroid injection may cause a rise in blood sugar levels. Please notify your primary care doctor for medication adjustment if necessary.

**FOLLOW UP**

**YOU SHOULD CALL (530) 272-3428 IF YOU EXPERIENCE:**

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| <ul style="list-style-type: none"><li>• Severe pain not relieved by measures that typically work for you</li><li>• Severe headache with a stiff neck</li><li>• Redness or discharge from site</li></ul> | <ul style="list-style-type: none"><li>• Nausea, vomiting, or fever over 101 degrees</li><li>• Inability to urinate after 8 hours.</li><li>• New numbness, tingling, weakness or difficulty walking.</li></ul> |
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- Call your doctor for any concerns you think might be related to your procedure.
- If you are unable to reach your doctor and feel you need a doctor's attention immediately, call Sierra Nevada Memorial Hospital Emergency Room (530) 274-6001 or call 911.
- A representative from SASC will attempt to call you in the next few days to check on your recovery. In the mean time if you have any questions call 272-3428.
- If you are scheduled for another pain management procedure, please stop Coumadin 5 days prior, Aspirin, NSAIDS, and Plavix 7 days prior and Ticlid 14 days prior. Please refer to your Medication Form for further instructions.
- Your next procedure is scheduled for \_\_\_\_\_. We will call you the week prior to confirm this appointment, and to review your instructions.

**SPECIAL INSTRUCTIONS:** \_\_\_\_\_