

PAIN PROCEDURE POST-OPERATIVE INSTRUCTIONS AND MEDICATION RECONCILIATION



PROCEDURE PERFORMED (circle the appropriate procedure):

- CERVICAL EPIDURAL LUMBAR EPIDURAL THORACIC EPIDURAL
FACET JOINT INJECTION MEDIAL BRANCH BLOCK RADIOFREQUENCY ABLATION
SACROILIAC JOINT INJECTION/BLOCK HIP JOINT INJECTION SHOULDER JOINT INJECTION
TROCHANTERIC BURSA INJECTION OTHER:

MEDICATIONS USED FOR PROCEDURE:

- LIDOCAINE/BUPIVACAINE (anesthetic) PROPOFOL (sedative) KETOROLAC (acute pain):
DEPOMEDROL/DECADRON (steroid) FENTANYL (analgesic) OTHER:
CONTRAST (imaging purposes) < 3mL VERSED (anxiety)

DIET: Resume your normal diet as tolerated. Increase your fluid intake for the next 24-48 hours.

ACTIVITY: Rest today. Change positions slowly. Be careful when ambulating for the first few hours after the procedure since your legs may become temporarily weak or numb from the medications used during the procedure.

You may remove the dressing at the injection site as desired. You may shower today. No tub baths, hot tubs or swimming for 48 hours.

It is common to experience increased pain, soreness and pain at the injection site, sometimes for several days (although this may vary from patient to patient). You may use an ice pack intermittently to the injection area (20 minutes on, then 20 minutes off, repeat as needed). Never apply ice directly to skin.

MEDICATION: Resume all your home medications as directed by your physician. Take your pain medications as directed. If you are taking blood thinners such as aspirin, plavix, eliquis, xarelto, or warfarin/coumadin, please RESUME THESE 24 HOURS AFTER YOUR PROCEDURE, UNLESS otherwise instructed by the provider.

YOU MAY EXPERIENCE ONE OR MORE OF THE FOLLOWING MINOR ADVERSE REACTIONS:

Facial flushing, pain at the injection site, temporary numbness/tingling not lasting more than 12 hours, mild headache, insomnia, anxiety, fluid retention, upset stomach, temporary urinary difficulties, elevated blood pressure. If you are diabetic, be aware that your blood glucose may become temporarily elevated 2-3 days after your steroid injection.

SYMPTOMS TO REPORT TO YOUR PHYSICIAN:

Fever, redness or drainage around the injection site, severe headache, severe dizziness, loss of balance, difficulty swallowing or breathing, difficulty urinating, persistent nausea, persistent weakness or numbness in the arms or legs. For any of these symptoms, call NovaSpine Pain Institute at (623) 777-4747. If you are unable to contact someone at NovaSpine Pain Institute or you are concerned about your symptoms, then go to the nearest emergency room.

OTHER INSTRUCTIONS:

Blank lines for other instructions.

PATIENT OR RESPONSIBLE PERSON SIGNATURE

MEDICAL STAFF SIGNATURE

DOB Date of Service