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DISCHARGE INSTRUCTIONS

1. You may experience some numbness for several hours following your treatment. This means you should exercise caution in using those areas which are numb.
2. You may notice a difference in the degree of numbness after each treatment. The effectiveness of the treatment does not depend upon the degree of numbness.
3. If you experience numbness, do not apply heat or cold for more than 10 minutes time to the area until feeling has returned.
4. No strenuous activity until your series of treatments is complete. Then gradually begin increasing your activity level over the next 3-4 weeks until you return to normal, or as directed by your physician.
5. To help prevent discomfort at the injection site, you should apply a cold pack to that area for 10 minutes every hour at least 3-4 times the evening of the block.

NO HEAT TO INJECTION SITE FOR 24 HOURS.

6. It is not uncommon for you to notice an increase in discomfort or a change in location of discomfort up to 24 hours after your treatment. If this occurs, apply a cold pack and take any medications your physician has prescribed.
7. You should continue to depend upon your primary physician for your medical management of conditions not related to your pain management treatment.
8. Continue to take all your other medications as directed by your primary physician unless otherwise instructed.
9. Should you develop signs of redness at the injection site, or a temperature greater than 99.8 degrees, please call The First Choice Surgery Center and notify your physician.