

Discharge Instructions for Outpatient Procedures

Physicians: Dr. Poly Chen & Dr. Andrew Oh

- **In an emergency, call 911.**
- **General instructions:** Some individuals may experience numbness in the legs or arms following procedures, which could affect stability while walking and standing. This can pose a fall risk for some patients, and extra care should be taken for ½ hour after procedures. Avoid heavy lifting, nothing over 40 lbs. Keep the procedure site clean and dry. Bandages can be removed once bleeding has stopped. Showering is allowed at the end of the day, but please avoid hot tubs and swimming pools for at least 48 hours. Ice the procedure site up to 20 minutes at a time every 2 hours for the next 3 days as needed to help alleviate pain. It is normal to have some discomfort at the procedure site and to have a delayed onset of pain relief. The corticosteroid may not begin to provide improvement for 3-5 days after the injection. There may be a time after the local anesthetic wears off before the corticosteroid takes effect that you may actually feel like you have more pain.
- **General warning signs:** Watch for bleeding, excessive discomfort, redness or swelling at the site, new weakness, new urinary or bowel problems, temperature greater than 100 degrees. If such problems persist, seek emergency care. If you have diabetes, make sure to check and properly treat your blood sugar levels after steroid injection since there may be a brief rise in blood sugar levels.
- **Common side-effects from steroid injections:** Sweating, facial flushing, increased heart rate, insomnia, anxiety and/or agitation, numbness and/or instability, headache, upset stomach, fluid retention (decrease your salt intake and increase your fluid intake), increased blood sugar levels (call your provider if the levels are of concern). If any of these symptoms persist beyond 48 hours call your provider.
- **Post-procedure medications:** You may resume your medications as usual. **If you stopped your blood-thinning medication, check with your doctor about when to resume them.**

If you have any questions or concerns please feel free to use the Pain Care Specialists patient portal and send messages directly to the medical assistant for a fast response. You may also reach Pain Care Specialists by calling 503-371-1010 and selecting the option for the medical assistant line. We look forward to seeing you at your follow-up appointment to discuss your results.

Patient Acknowledgement:

I acknowledge that I have received, reviewed, and understand the discharge instructions.

Date	Time	Patient/Parent or Guardian Signature
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Caregiver Acknowledgement:

I acknowledge receipt, review, and understanding of discharge instructions as well as attest that I will provide transportation following surgery and not allow the patient to drive for 24 hours after sedation.

Date	Time	Patient Caregiver Signature
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