

LAKE NORMAN ORTHOPEDIC SPINE CENTER



Discharge Instructions

WHAT YOU CAN EXPECT

Some people experience some numbness or slight weakness following a nerve block or epidural that may last several hours secondary to the numbing medicine that we use. When steroid is injected, you may experience temporary flushing, insomnia, or mild headache as side effects of the “cortisone”. These are not uncommon and usually resolve in 1-2 days. If you notice muscle soreness or mild swelling at the injection site, this can be alleviated by applying ice to the area or by taking Tylenol or other over-the-counter pain relievers.

Pain improvement may be immediate or may take up to 3-7 days. You may experience some increased pain before your symptoms get better.

If you develop SEVERE HEADACHE, FEVER, URINARY RETENTION OR INCONTINENCE, WEAKNESS OF THE LEGS, OR ANY OTHER UNUSUAL SYMPTOMS, notify one of our nurses. If you can't reach them, ask for the physician on call or go to the emergency room for evaluation. (Note: the risk of complication is less than 0.1%)

You may resume your regular diet and prescribed medications. Drink plenty of fluids.

ACTIVITY

Try to avoid frequent heavy lifting and bending for 1-2 days after the procedure, and if possible avoid lifting for 1-5 days. Otherwise you may continue with normal activity. You may continue non-strenuous exercises and exercises as instructed by your physical therapist.

Keep a daily diary to follow your pain level and progress so we can know how you are doing and bring it into your follow-up appointment.

If you do not have a follow-up appointment with a doctor at Lake Norman Orthopedic Spine Center within the next 1-2 weeks, please call our office (704-660-4750) to schedule an appointment with your provider unless otherwise instructed.

**** IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL US AT 704-660-4750****