

**THE CENTER FOR SPINE PROCEDURES, P.C.  
POST PROCEDURE & DISCHARGE INSTRUCTIONS**

**1. ACTIVITIES:**

- Go home and rest today. Limit your activities for at least 24 hours.
- You may shower tonight, but no tub bath for 24 hours.
- No repetitive bending & stretching / overhead reaching activities.

**2. MEDICATIONS:**

- Do no drive or operate machinery if using pain medication or if sedation was provided.
- Non prescription or pre-procedure medications may be used as directed by your physician.

**3. DIET:**

- Usual diet and medications.
- Increase fluids.

**4. RETURN TO WORK/SCHOOL:**

- Tomorrow, as tolerated, unless otherwise directed by physician.

**5. FOLLOW-UP CARE:**

- We will call or email to check on your progress.

**6. OTHER INSTRUCTIONS:**

- Contact your physician for excessive pain or bleeding at injection site, nausea, or temperature greater than 101.
- If desired, you may apply ice to injection site 20 minutes on, 20 minutes off.
- Remove dressing tonight and change as needed.

Your Next Visit is on \_\_\_\_\_ at: \_\_\_\_\_