

**Sentara Martha Jefferson Orthopedics**  
**Advanced Back and Neck Care**  
**Patient Discharge Instructions**

- You had a \_\_\_\_\_ by Dr. James McGowan
- It may take up to 7 days to get the full benefit from the procedure
- Some increased weakness, numbness, and pain may occur for the first few days following a procedure
- To relieve discomfort at the injection site, use an ice pack – 20 minutes on, one hour off for the first 24 hours
- Do not use heat on the injection site for the first 24 hours following the procedure
- Keep the injection site dry and covered for the first 24 hours following the procedure
- No driving the day of your procedure, unless you have been told otherwise
- Patients with diabetes, please monitor your glucose level closely for the next 3-5 days. If glucose levels rise markedly, contact your PCP or the physician who manages your diabetes
- Patients on blood thinning medications, make sure you have received instructions about when to restart these medications
- Call our office at 434-654-5575 or seek treatment at an emergency room if you develop any of the following in the days after your procedure:
  - Fever
  - Redness, swelling, or warmth around the injection site
  - Severe headache
  - Severe worsening pain
  - Progressively worsening extremity weakness or numbness
  - Loss of bowel or bladder control