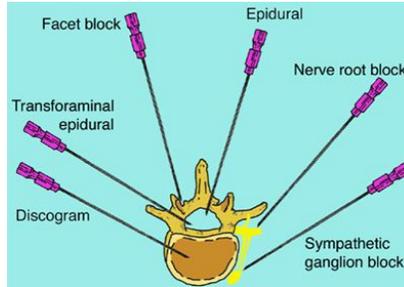


# DISCHARGE INSTRUCTIONS FOR INJECTIONS



- ❖ The part of your spine that has been treated may feel weak or odd for a few hours after the procedure.
- ❖ You may feel immediate pain relief and/or numbness in the treated area for up to six hours.
- ❖ As the numbing medication wears off, you may notice an increase in your pain for several days before experiencing relief.
- ❖ Response to treatment varies with each individual. Much depends on the extent of injury, whether the injury is acute or chronic, as well as your body's healing ability. **Remember, healing is a process!** It may take up to 4-6 weeks for the injection to provide maximum therapeutic relief. *Following a device protocol may accelerate your healing and recovery.*
- ❖ During the first 24-48 hours you may experience some increased discomfort in the area of injection. This will best be controlled with the application of ice at the injection site for no more than 15 minutes. Alternating applications of ice and heat may also help. **Try to avoid use of over the counter non-steroidal anti-inflammatory drugs such as (ibuprofen, naproxen-sodium, or aspirin) and long periods of ice** which will inhibit the healing process that the inflammation promotes. You can use Tylenol or opioid medications if necessary.
- ❖ If your procedure was performed on your neck or back, you may experience some weakness and/or numbness in your extremities for a few hours after the procedure. If so, do not engage in any activities which require lifting, balance or coordination during this time.
- ❖ If you experience weakness and/or numbness in an extremity which worsens or persists for greater than 12 hours post injection, please notify our office.
- ❖ It is permissible to shower the day of the procedure; however, we recommend that you wait 24 hours before taking a tub bath.
- ❖ If you received dye during the procedure, drink plenty of clear liquids for the remainder of the day. This will assist in removing the dye from your body.
- ❖ Most individuals can return to work the following day; however, your doctor will discuss if longer restrictions are applicable.

# DISCHARGE INSTRUCTIONS FOR INJECTIONS

- ❖ Notify our office if you have any questions or concerns, or if you experience any of the following symptoms:
  - ✓ Headache while sitting or standing that is relieved by lying down
  - ✓ Fever of 101 degrees or greater
  - ✓ Redness, swelling or bleeding at the procedure site
  - ✓ Loss of function or feeling in the arms or legs
  - ✓ Loss of bowel or bladder control after local anesthetic has worn off
  - ✓ Severe pain not controlled by over-the-counter pain medication, or other measures you have found helpful in the past
  
- ❖ Contact our office if you have any of the following symptoms, which are indicative of an adverse reaction to medications/dye used during procedure:
  - ✓ Rash, hives or itching
  - ✓ Swelling of eyes, lips, tongue
  - ✓ Sensation of throat swelling/closing, wheezing, chest tightness or difficulty breathing
  
- ❖ Regenerative injections may be repeated as needed should a new target be identified. There is no time period you are required to wait between these injections.
  
- ❖ For the best results, we recommend you do not have any steroid injections 4 weeks after your regenerative injection.

***Please call the office with any questions or concerns at (470) 252-6710.***

**Hours of Operation:  
Monday through Friday  
8:30AM-5:00PM**