



Comprehensive Pain Physicians

201 S. Buena Vista Street, Suite 238, Burbank, CA 91505

Tel: 818-325-2088, Fax: 818-563-6201

Reginald Ajakwe, M.D. Raymond Tatevossian, M.D.

www.CPPpaincenter.com

LUMBAR/CERVICAL/CAUDAL/TRANSFORAMINAL EPIDURAL STEROID INJECTION DISCHARGE INSTRUCTIONS:

- A medication was given at the time of the block that may make you numb. When numbness wears off, pain may return.
- Remove band-aids in 24 hours. Do not be alarmed if there is a small amount of blood on the band-aids

ACTIVITY AND DIET

- Gradually increase activity as tolerated. Do not do strenuous activity within 24 hours.
- You may take a shower 12 hours after discharge. Avoid baths and Jacuzzis for 48 hour after the injection.
- You may resume normal diet upon discharge

MEDICATIONS

- Continue the same medication schedule as before your procedure
- Non-aspirin analgesics can be taken for pain as directed (Ibuprofen, Motrin, Advil, Acetaminophen, Tylenol). Avoid Aspirin-containing compounds.
- Do not start ASPIRIN or COUMADIN for 24 hours after discharge
- If you are scheduled to have another procedure, STOP your aspirin or Coumadin 5 days before the scheduled procedure.

PAIN

- It is common to have an increase in pain for 2-4 days after the procedure, thus it does NOT represent an emergency or indicate that anything has gone wrong with the procedure.
- You may apply ice pack every 4-6 hours for approximately 20 minutes, for 1-2 days.

HEADACHE

- For headaches, drink fluid (such as Gatorade or similar) and take caffeine unless contraindicated

IF YOU ARE DIABETIC (PLEASE READ THE FOLLOWING)

- Follow your blood sugar closely as steroids may increase your blood sugar.
- If you have an increase in blood sugar, please follow-up with your internist immediately.

CALL YOUR DOCTOR FOR ANY CONCERNS OR QUESTIONS IF ANY OF THE FOLLOWING OCCUR

- Headache which increases when standing and disappears when lying down
- Profound weakness or numbness of (legs) or (arms) greater than before the procedure.
- Fever: Temperature > 101 degrees Fahrenheit accompanied by back pain or neck stiffness
- Drainage, swelling, or redness that persists at injection site.

PHONE NUMBERS:

Weekdays 8am to 4:45 pm: (818)-325-2088

For urgent issues on Nights and Weekends: (818) 569-3010

Patient Signature and Date.....

