



PAIN MANAGEMENT DISCHARGE INSTRUCTIONS-DISCOGRAM

Patient Name: _____ **Date:** _____

POST PROCEDURE INSTRUCTIONS:

- You may resume your normal diet today
- You may resume your normal bathing
- **No heavy lifting or straining for 48 hours**
- You may remove your bandage tomorrow
- If you have received sedation or an anesthetic, you may feel sleepy for several hours, rest until you are more awake. Gradually resume your normal activities tomorrow
- You may resume your normal medications today
- Use ice pack to injection site for any pain or discomfort
- Do not drive today
- Be careful walking/ take stairs slowly
- If you have been given a back brace, please wear it for at least the next full week.

Other Instructions: _____

For Emergencies:

If any unusual problems or difficulties occur during clinic hours, contact Louisiana Pain at (504) 754-2334. For an emergency that cannot wait until clinic, please proceed to the ER or call our answering service (504) 780-3293.

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date