

ADVANCED PAIN MEDICINE, PSC

101 Prosperous Place, Suite 300

Lexington, KY 40509

Phone: 859-271-3114

Fax: 859-271-0220

Discogram Discharge Instructions

After your injection(s) today:

- * Do not drive or operate machinery for 24 hours
- * Do not engage in any strenuous activity or heavy lifting
- * You may remove your band-aids tonight
- * Resume your regular diet
- * Drink plenty of fluids
- * Rest

You may experience any of the following up to 6 hours after your procedure:

- * Increased pain
- * Lumbar discogram: Sensation of warmth or tingling in your legs or feet
- * Cervical discogram: Sensation of warmth or tingling in your arms or hands
- * Dizziness (lying down usually helps, since dizziness is often due to a drop in your blood pressure)
- * Weakness and/or numbness. If you experience these symptoms, walk only with assistance.

For several days, you may experience some discomfort in the area where your injection was performed. You may use ice to decrease discomfort and inflammation at the injection site for 24-48 hours after the procedure.

You may be given a prescription for an antibiotic. It is very important that you complete the ENTIRE COURSE of this medication as prescribed.

Please notify Advanced Pain Medicine, PSC if you develop any of the following:

- * Any redness that does not go away within a day
- * Drainage or increased pain at the injection site(s)
- * Fever of 101 F or greater that does not resolve with medication
- * Unusual or new symptoms
- * Numbness, weakness, fever, chills, severe low back pain, groin pain, or inability to pass urine

Advanced Pain Medicine, PSC is open Monday - Friday, 8 A.M. - 5 P.M. For emergencies or after hours, call the physician on call at (859) 271-3114. In case of emergency, please go to the nearest emergency room. If for some unforeseen reason you are unable to reach the physician on call, please go to the nearest emergency room.

APM, PSC

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