

ADVANCED PAIN MEDICINE, PSC
1745 Alysheba Way, Suite 140
Lexington, KY 40509
Phone: 859-271-3114
Fax: 859-271-0220

Lumbar, Thoracic, or Cervical Facet Nerve Block Discharge Instructions

If you had a diagnostic local anesthetic block today and you experience pain relief, please note the duration of relief and write down the time if the pain returns.

After your injection(s) today:

- * Do not drive or operate machinery for 24 hours
- * Do not engage in any strenuous activity or heavy lifting
- * Resume your regular diet
- * Drink plenty of fluids
- * You may remove any band-aids tonight
- * Rest
- * Do not take a bath; you may shower
- * Take your usual medications as prescribed

Please call (859) 271-3114 if you experience:

For lumbar facet injection (low back): If you experience numbness or weakness in your leg or foot

For thoracic facet injection (mid back): You may experience numbness or weakness in your chest or abdomen for 2-6 hours. If you experience prolonged numbness or weakness, please call (859) 271-3114

For cervical facet injection (neck): You may experience numbness or weakness in your neck and arms until the local anesthetic wears off. If you experience prolonged numbness or weakness, please call (859) 271-3114

Once the local anesthetic wears off 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.

Please keep in mind that the steroid injection for your procedure may not begin working until 48-72 hours after the procedure. It may take several days before you notice the full effect of your block.

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

- * Increased pain greater than one week
- * 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

Diabetics: The steroid may increase your blood glucose level. Be sure to monitor your blood sugar closely and manage it with the help of your physician.

Women: It is possible that the steroid may alter your menstrual cycle.

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
SDB
09/05