



HOME CARE INSTRUCTIONS FOR THE SPINE CENTER

- **DRIVING:** Do not drive for the REST OF THE DAY.
- **MEDICINES:**
 - If you have pain, you can take Tylenol (except for test injections during testing period: medical branch block, intra-articular facet, intra-articular hip, intra-articular SI, and transforaminal) and use ice at the injection site(s).
 - Take your regular medications as prescribed, unless you were told otherwise.
 - **FOR PATIENTS ON MEDICATION FOR HIGH BLOOD PRESSURE OR HIGH BLOOD SUGAR:** your blood pressure or blood sugar may temporarily rise after the procedure. If it does, call your primary care doctor to discuss whether you need to adjust your medication.
 - *Special instructions:*
- **Hygiene:** TOMORROW, remove your dressing/bandage and keep the site open to air. You may shower tomorrow. Wait 48 HOURS to soak in a tub or Jacuzzi, or to swim.
- **ACTIVITY:** Try to walk or do light physical activity (like light housework or light yard work). Try to avoid strenuous activity (like going to the gym or lifting weights) until tomorrow. (For test injections, please be as active, as advised by your doctor)
- **GO TO YOUR LOCAL EMERGENCY ROOM IF YOU EXPERIENCE ANY OF THE FOLLOWING:**
 - Severe pain that you have never felt before, including persistent headache
 - New numbness or weakness in your arms or legs
 - Loss of control of your bowel or bladder
 - Signs of infection; for example, you have a fever or your injection site is red , swollen, warm, or leaking fluid (discharge)

If you have questions:

Call the Comprehensive Spine Center Nurses Line at 401-793-9121