

# DISCHARGE INSTRUCTIONS

## After an injection, you should:

1. Diet:                    You may resume your regular diet.
2. Activity:                You may resume your routine activity but do not overexert.
3. Driving:                Do not operate heavy machinery for 24 hours.
4. Work/School:         per Doctors instructions
5. Special:                Your pain may return later today, after the local anesthetic wears off. It could even feel worse than usual. **The steroid may take 48-72 hours to provide pain relief.**
6. When to call:         If redness, swelling or drainage appear at the injection site, or if you have any questions.
7. Where to call:        H. Rand Scott, M.D., **949 759-8400**
8. If you have an Emergency, call 911 or go to the nearest emergency facility.

## For Next Visit:

- ◆ Please keep a pain diary and bring to next visit along with all your medications.
- ◆ Bring a driver to next visit if you are having a procedure.
- ◆ Take all your medications as scheduled, unless specifically requested to stop.