

PAIN TREATMENT DISCHARGE INSTRUCTIONS

May take 7-10 days for injection to reach maximum effect & provide relief.

Pain may increase first day after your treatment. Apply ice /heat /take pain medications as needed.

Uncontrollable pain= go to local emergency room

Numbness varies and may last several hours after your treatment. Use caution in those areas that are numb. The effectiveness of the treatment *does not* depend upon the degree of numbness.

Activity: resume normally. If pain returns, decrease activity until pain subsides.

NO HOT TUBS or swimming for 24 hours!

Discomfort: normal at the injection site=ice 10 minutes 3-4 times today. No heat or ice to numb areas >10 minutes a time until feeling has returned.

Medical care: resume home medications; call your primary doctor for conditions unrelated to pain treatment.

Diabetics: it is not uncommon to have a rise in blood sugar.

Sedation: May feel dizzy, light-headed. Go directly home, rest quietly today. For 24 hours do not drive, operate machinery, drink alcoholic beverages, or make important decisions.

Infection: increased red injection site, a temperature more than 100.5, call **Pain Treatment Center (PTC).**

Diagnostic injection: continue normal activities today to monitor pain levels. **Do Not** nap the next 8 hours as need to closely rate your pain level. **Call 701-214-4758 tomorrow-have this journal with you!**

Keep any scheduled appointment with Lori Klabunde at the Pain Treatment Center.

****Follow up: IF LESS THAN 80% IMPROVED IN 7-10 DAYS, CALL PTC @ 701-214-4758 ****

Call: Pain Treatment Center for any pain treatment and appointment questions at (701)223-7822.

PAIN JOURNAL - Log your pain on a 0-10 scale as the day progresses. **Bring this form with you to next appointment with referring doctor or Lori Klabunde**

Pre-procedure pain level _____

_____ 30 minutes _____

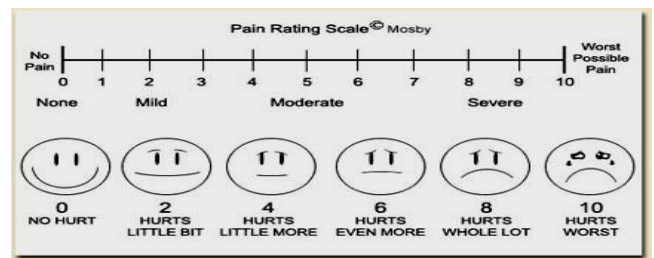
_____ 60 minutes _____

_____ 2 hours _____

_____ 4 hours _____

_____ 6 hours _____

_____ 8 hours _____



Day #2 _____ Day #3 _____ Day #7 _____

Procedure _____

Patient/ significant other

RN

2019