



## SURGERY CENTER

Phone: (224) 612-7000

**Comprehensive Pain Management Group**  
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## PAIN INJECTION DISCHARGE INSTRUCTIONS

### WHAT TO EXPECT

- Please allow 7 to 10 days for your injection to take effect.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after your procedure.
- Resume normal activity and exercise as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) until cleared.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

### MEDICATIONS

- Please take your medications as directed. Please call the doctor if any questions.

### CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Inability to urinate

### FOLLOW UP

- Call your doctor's office to arrange a follow-up appointment (if not already scheduled).

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*



**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*