



Jessen Mukalel, MD

Discharge Instruction

Interventional Pain
Management

(813) 513-TIPS (8477)

(813) 574-7761 (fax)

Doctor@InstituteForPain
AndSpine.com

13140 Elk Mountain Dr
Suite B
Riverview, FL 33579

1. Do not drive car, operate power equipment, climb ladders, drink alcoholic beverages or sign legal documents for the remainder of the day today.
2. Keep the injection site dry until the Band-Aid is removed. Please remove band-aid from the surgical site between the first 24 hour after the procedure. Do not bathe in a pool or hot tub for the first 24-48 hours.
3. Occasionally you may notice a slight increase in your pain level after the procedure. This should start to improve within the next 24 hours and pain relief will usually start in 5-7 days.
4. It may take as long as 10-14 days before you start seeing improvement in your pain and/or other symptoms.
5. you may continue to take your pain medications as needed. You may resume your aspirin or anticoagulation therapy the day after the procedure unless directed otherwise by your physician.
6. DO NOT stop taking any other medications previously prescribed.
7. Unless otherwise instructed, you may continue with your normal activities once you leave the center. However, you should avoid any prolonged standing, walking or repeated bending or use of your upper/lower extremities for 24-48 hours.
8. If you are going to physical therapy or Chiropractic clinic, continue to do so unless your doctor instructs you to stop.
9. If you develop any other symptoms, such as fever over 101F, skin rash/redness/swelling from injection site, severe headaches or new onset arm or leg weakness, please contact the office.
10. If you require medical attention and are unable to go to the clinic such as difficulty swallowing or breathing, please go to the nearest emergency room.
11. Some common side effects after a steroid injection are: facial flushing, slight headache and insomnia. Female patients may notice a temporary irregularity in their menstrual cycles.
12. If you are diabetic, please check your glucose levels frequently as steroids can increase your levels for a short time for the next few days. If your glucose is abnormal and/or you are feeling dizzy, lightheaded or having double vision, please contact the office and you family physician.
13. Please do not apply heating pads to the site. If you are experiencing discomfort, you may apply icepacks 20 minutes at a time every 2 hours as needed for the next 24-48 hours.
14. your signature below indicates you have received and understand your discharge instructions

Respectfully,

Tampa Institute for Pain and Spine

Responsible Party Signature

Nurse Signature/Witness

Date