

ADVANCED PAIN MEDICINE, PSC

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Epidural Blood Patch Discharge Instructions

After your injection(s) today:

- * Do not drive or operate machinery for 24 hours
- * Do not engage in any strenuous activity or heavy lifting
- * Resume your regular diet
- * Drink plenty of fluids
- * You may remove any band-aids tonight
- * Continue bed rest (lying down) at home for 24 hours
- * For the first 24 hours after the procedure, move slowly. Avoid quick or sudden position changes or movements
- * Do not take a bath; you may shower
- * Take your usual medications as prescribed

You may experience some discomfort or pressure in your low back area. You may use ice to decrease discomfort and inflammation at the injection site for 24-48 hours after the procedure.

Please keep in mind that the steroid injection for your procedure may not begin working until 48-72 hours after the procedure. It may take several days before you notice the full effect of your block.

If you develop any of the following, please call (859) 271-3114 or go to the nearest emergency room and tell them you just had an epidural blood patch:

- * Increase level of discomfort
- * Drainage or increased pain at the injection site(s)
- * Fever of 101 F or greater that does not resolve with medication
- * Severe pain at the injection site with redness or swelling
- * Severe headache

Advanced Pain Medicine, PSC is open Monday - Friday, 8 A.M. - 5 P.M. For emergencies or after hours, call the physician on call at (859) 271-3114. In case of emergency, please go to the nearest emergency room. If for some unforeseen reason you are unable to reach the physician on call, please go to the nearest emergency room.

APM, PSC

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