

VCU SPINE CENTER DISCHARGE INSTRUCTIONS OUT-PATIENT PROCEDURES

Michael J. DePalma, M.D.
Medical Director, VCU Spine Center
(804) 827-7463

For calls after hours/holiday/weekends please call 828-0951 and ask the telepage operator to contact the “on-call Interventional Spine Care physician”

GENERAL DISCHARGE INSTRUCTIONS: Please refer to your patient education packet to address questions or concerns you may have after your procedure. You may experience a flare-up of your symptoms for a few days afterwards but typically these symptoms calm down within 3 to 4 days. Soreness at the injection site is normal and expected for several days following the procedure. Heat or cold may ease the discomfort and extra-strength Tylenol may be taken as well, unless contraindicated. Band-aid/s over the site may be removed several hours after the procedure unless drainage is present.

SEDATION: Dr. DePalma does not usually use sedation for routine procedures. In the event that sedation is given, you are required to have someone drive you home. Alcoholic beverages, operating heavy equipment, electrical equipment, sharp or dangerous objects, and making legal decisions are to be avoided for the next 24 hours as your judgment may be affected.

DIET: You may resume your usual diet after the procedure unless specifically instructed not to. We suggest that you start with a light diet and progress as you tolerate food.

ACTIVITY AND MEDICATIONS: Please resume activity as tolerated and your usual medications as prescribed unless instructed to do otherwise.

COMPLICATIONS: Although we do not anticipate any complications, please notify us immediately if you experience any of the following symptoms:

1. A temperature of 100.4 degrees or more
2. Excruciating pain at the procedure site
3. Loss of bowel or bladder control
4. Loss of motor function in arms or legs
5. Headache in the standing or sitting position, which is relieved by lying down
6. Blood soaked band-aids or dressing with continued bleeding or oozing from the site.
7. Severe nausea and vomiting, or nausea and vomiting lasting more than eight (8) hours.
8. Allergic reaction with rash, welts, extreme itching, shortness of breath.
Severe shortness of breath or chest pain should be treated as a medical emergency – go to the nearest hospital ER for treatment. Our service can be reached from the ER.

Patient/Representative Signature

MD/Nurse Signature

Date