

**VCU SPINE CARE DISCHARGE INSTRUCTIONS
OUT-PATIENT PROCEDURES
MAGED S. HAMZA, M.D. - (804) 323-2994**

After hours/holiday/weekends – Call 828-0951- ask to be put in touch with the PM&R fellow

Please contact our nurses call line at 323-2995 to let us know how you are doing after your procedure.

GENERAL DISCHARGE INSTRUCTIONS:

PAIN/DISCOMFORT: Soreness at the injection site is normal and expected for up to two (2) days following the injection. You may use heat or cold to the site to ease the discomfort. Tylenol may be taken as well, unless contraindicated. Band-aid/s to the site may be removed several hours after the procedure unless drainage is present.

When you call us, we are interested in knowing how your pain from the procedure is progressing, but, more importantly, interested in knowing how the procedure affected your usual pain, the pain that you had the procedure to treat.

SEDATION: Dr. Hamza 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. Inability to urinate.
2. Numbness, tingling, coolness, or severe pain at the site – different than before the procedure.
3. Fever 101.2 or above by mouth.
4. Blood soaked band-aids or dressing with continued bleeding or oozing from the site.
5. Severe nausea and vomiting, or nausea and vomiting lasting more than eight (8) hours.
6. 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

