

VCU – Stony Point Spine Center
Dr. Gu - Spinal Injection Discharge Instructions

1. Activity limitations: must use a wheelchair while in the hospital. May walk with assistance only for 24 hours after procedure.
2. Do not operate motor vehicle or machinery for 24 hours after the procedure.
3. Do not drink alcoholic beverages for the next 24 hours or while taking narcotic medications.
4. Do not make any important decisions or sign important papers for 24 hours.
5. Do not use the affected extremity until any numbness or loss of sensation has completely resolved.
6. If you have a significant increase in pain, or any other problem occurs, notify the Stony Point Spine Center at 804-827-7463.
7. If the Stony Point Spine Center is closed and you experience difficulty breathing, chest pain, or profound new onset weakness/numbness, go to the nearest hospital emergency room and explain that you have had an injection.
8. Follow up with the clinic as instructed.

The above instructions have been explained to me. I have received a copy.

Patient/Representative signature: _____

MD/Nurse signature: _____

Date: _____