



Orthopedic Associates

OF DUTCHESS COUNTY

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POST OPERATIVE PAIN MANAGEMENT INSTRUCTIONS

1. Walk as tolerated - No bed rest needed.
2. Resume previous medications.
3. Avoid any strenuous lifting, twisting or bending through the low back region until approved by M.D.
4. Do not drive a car or make important decisions for at least 24-hours.
5. You can expect some mild tingling in the legs after lumbar injections for up to 6-12 hours afterward. 10% of patients may experience a postural headache for 24 - 48 hours after spinal injections. If this happens, lie flat and drink plenty of caffeinated beverages (coffee, tea, colas).
6. You may experience an increase in your symptoms for the first 2 days. (It can take 2 days - 2 weeks for the steroid to have its maximum effect.)
7. Call Dr. Virk immediately at (845) 454-0120 for severe uncontrollable pain after the injection, progressive weakness or numbness in the legs, chest pain or shortness of breath, fever, infection at injection site, new onset of bowel/bladder problems, or severe headache which is not relieved by lying flat.

IN THE EVENT OF AN EMERGENCY, GO TO THE NEAREST EMERGENCY ROOM

THESE INSTRUCTIONS HAVE BEEN EXPLAINED TO, AND UNDERSTANDING VERBALIZED BY THE UNDERSIGNED. A COPY OF THE INSTRUCTIONS HAS BEEN GIVEN TO THE UNDERSIGNED. (If patient is not sufficiently alert mentally, discharge instructions should be executed by patient's representative.)

Date: _____

Physician: _____

Patient: _____

Nurse: _____