



Daniel Bruning, MD

Kimber Eubanks, MD

PAINCARE DISCHARGE INSTRUCTIONS

1. You have received care that would necessitate your return to a quiet setting for the remainder of the day. You may return to work or your normal activities the next day.
2. If you received anxiety medication for your procedure, do not drive for 12 hours or place yourself in a potentially unsafe condition for the next 4-6 hours as you may have temporary memory loss.
3. You may experience some numbness for several hours following your treatment. This means you should be careful in using these areas that are numb.
4. You may apply ice to any injection site the first 24 hours (no more than 10 minutes at a time). After 24 hours, you may use low moist heat (no more than 20 minutes per hour).
5. Avoid vigorous physical activity for 24 hours after your injection. For several days after the injection, don't push yourself. Slowly increase your activity to give time for your muscles to rest. Slowly stretch the treated muscles through their complete range of motion while your muscles are warm. Avoid staying in one position for a long time
6. You may feel soreness at the injection site. You may experience increased pain and muscle spasm for 24-48 hours after your injection due to the trauma of the injection itself.
7. You should continue to depend on your primary physician for your medical management of conditions **not** related to your pain management. This includes taking all of your other medications as directed by your primary physician, unless otherwise instructed.
8. For any emergencies, please go to the nearest Emergency Room. If you develop any sudden loss of function, increased weakness, any neurological changes or loss of bowel or bladder control, call PainCARE **immediately**.
9. You may receive prescription medications for the treatment of your condition. It is important to take the medication as prescribed and not to self adjust or stop taking medications without first contacting the physician or nurse. You may take Tylenol or Ibuprofen (Advil or Motrin).
10. You may remove any Band-Aid or other dressing over your injection site after you get home. It is acceptable to take a shower, but do not soak in a tub for 24 hours. If you develop fever or chills, the area becomes hot, red, exquisitely tender or draining pus, please call the office.

Other instructions:

Prescription(s) given: yes no
Med Info Sheet given: yes no
Special Instruction Sheet given: yes no
Physical Therapy Appointment made: yes no

What do I need to know for my next appointment?

- Come 15 minutes before your next appointment.
- Call to change your appointment if you are sick or have an infection requiring an antibiotic.
- Have someone who can drive you home.
- Please call as soon as possible if you need to cancel or reschedule your appointment.

Patient Signature

Date