



Randall J. Franiak, M.D.

Discharge instructions for Injections Today you received a

Cervical Epidural Injection Cervical Transforaminal Injection Stellate Ganglion Injection
 Lumbar Epidural Injection Lumbar Transforaminal Injection Hip/Trochanteric Bursa inj
 Facet Joint/Medial Branch Injection Joint Injection
 Sacroiliac Joint Injection Selective Spinal Nerve Block Other _____

- Upon arrival at home, "Take it easy" today. You do NOT need to lay flat or lay perfectly still. We recommend you do not exercise today or do vigorous housework. You may return to your normal activities tomorrow, using your best judgement.

- There are no eating restrictions.

_ Keep the injection site clean and dry. You may remove band aids at any time. You do not need to replace them.

_ You may shower. Please refrain from swimming and soaking, such as a whirlpool, hot tub or bath tub for 24 hours.

- If you believe the injection site has become infected, call our office (317) 572-2240. Signs of infection include the site is becoming more swollen, red, hot oozy or if you develop a fever.

- We recommend that you do not drive yourself home. If you had sedation, it is recommended that you do not drive today. If you had sedation, do not operate equipment. Do not make important decisions or sign important documents until the next day.

- Discomfort at the injection site is common. You may apply an ice pack over the area for 15 minutes 2-3 times per day for the first 24 hours. Taking over the counter pain medication like Tylenol or Motrin is acceptable (if you have no contraindication to taking such medications), The office does NOT phone in narcotic pain medications.

- It may take 3-5 days for the steroid medication to have an effect. Occasionally, the medication that was injected could cause irritation of the nerve, and temporary worsening of the symptoms may occur in the first 1-2 days following the injection.

_ If you have a steroid injection, be aware that it will likely take a few days for the steroid to help with the pain.

_ You may resume taking aspirin or other non-steroidal anti-inflammatory medications tomorrow.

_ If you experience any symptoms out of the ordinary, call the office. Office staff generally answers the phones Monday through Friday 8:30 to 4:30.

- Go directly to the Emergency room if you experience severe fever, cannot move your legs, lose sensation in your legs, or lose control of your bowels or bladder.

Follow up as recommended. Sometimes the follow up plan is to contact by phone. We will leave a message on your voicemail. If we miss you, PLEASE RETURN THE PHONE CALL so that we can document how the injection worked for you .317-572-2240