

**SURGERY AND ENDOSCOPY CENTER  
PAIN CLINIC**

**Discharge Instructions**

**Visit for:**

- Consultation  Return Visit  Medication Refill  IT Pump Refill  Lidocaine Infusion  Trigger Pt Injection  
 Hip Bursa Injection  Caudal Epidurolysis and Epidural Steroid Injection/Racz

Epidural Steroid Injection:  Cervical  Thoracic  Lumbar  Caudal  Caudal with RACZ

Transforaminal Epidural Steroid Injection:  Right  Left  Bilateral  Lumbar  Sacral -1

Facet Injections MBB/RFA-MB:  Cervical  Thoracic  Lumbar  Right  Left  Bilateral

S-I Joint Injection/RFA:  Right  Left  Bilateral

Knee/Shoulder/Hip Injection:  Right  Left  Bilateral

**Prior to procedure hold the following medications ONLY after getting approval from your Primary Care Physician / Cardiologist:**

- Prior to procedure hold Plavix / Effient / Aggrenox / Ticlid for seven days  
 Prior to procedure hold Coumadin / Pradaxa / Brilinta / Aspirin for five days  
 Prior to procedure hold Arixtra (fondaparinux) /NSAIDS (Motrin, Advil, Aleve, Naprosyn) for four days  
 Prior to procedure hold **Xarelto / Eliquis / Pletal** for **three days**.  
 Prior to procedure hold Heparin for 4H and Low molecular Heparin dose 40mg and above hold for 24H.  
 Nothing by mouth after midnight for procedures scheduled prior to noon  
 Nothing by mouth after 7 AM for procedures scheduled at or after 1 PM.  
 Other: \_\_\_\_\_

**Post-Procedure Instructions:**

1. Following your procedure you may resume all prior medication you were taking. If you are diabetic, monitor your glucose levels closely for the next 24 hours. You may take medication prescribed by the physician as needed for pain.
2. Resume your normal diet. Drink plenty of fluids.
3. If you experience any local soreness today at the injection site, you may use ice for 20 minutes on and 30 minutes off. Do not apply ice directly to skin. (Cover ice bag with a light cloth).
4. If, after 24 hours, you experience any of the following, please contact the Pain Clinic during regular business hours (7 am – 3:30 pm) at 810-342-4881 or go to the nearest hospital Emergency Department:  
Tingling, numbness, excessive weakness if your legs, fever, or severe headache (following an epidural).
5. Band-Aids should be removed within 12-24 hours after the injection unless otherwise instructed.
6. Do not drive a motor vehicle or operate power equipment for the remainder of the day
7. Do not get up unattended or take a shower for the remainder of the day.
8. If you do not have a follow up appointment/procedure scheduled or if you have any other questions of concerns please contact McLaren Flint SEC Pain Clinic at 810-342-4881.
9. Follow up with the Pain Clinic in \_\_\_\_\_ weeks/next available for follow up or repeat procedure.
10. Special Instructions: \_\_\_\_\_

I have been instructed in and I understand the above information. \_\_\_\_\_

Patient Signature

Witness: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Nurse Signature

