



## POST PROCEDURE DISCOGRAM DISCHARGE INSTRUCTIONS

1. May resume a regular diet and any medications that you routinely take (including pain medications).
2. No driving day of procedure.
3. Upon discharge go home to bed for at least 4 hours. May use an ice pack as needed to injection sites on back.

Please contact our office at **336-433-5074** for the following symptoms:

fever greater than 100°  
increased swelling, pain, or redness at injection site  
profound weakness of the arms or legs

Patient \_\_\_\_\_

Date \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_