

## **DISCOGRAPHY DISCHARGE INSTRUCTIONS**

### WHAT YOU CAN EXPECT

It may take several hours for the pain to subside or return to baseline. It is possible to experience pain or soreness in the back or at the injection site for up to a week after the discography. Sometimes a cold compress applied to the area of pain may help (20 minutes on/20 minutes off).

### ACTIVITIES

1. Do not drive for the remainder of the day. Do not make any important personal or business decisions.
2. Avoid strenuous activity.
3. Keep the area of procedure dry for 24 hours. No tub baths for several days.
4. No alcoholic beverages for 24 hours.
5. Resume normal diet as tolerated.
6. Resume normal medications, unless otherwise instructed.

### SPECIAL INSTRUCTIONS

Contact our office at 484-526-7246 if you notice any of the following:

1. Fever of over 100F degrees.
2. Chills.
3. Swelling or drainage from the injections site.
4. Unusual severe pain that has increased after the procedure.

#### **Allentown**

501 Cetronia Road, Suite 125  
Allentown, PA 18104  
Fax: 833-219-0472

#### **Anderson**

1700 St. Luke's Blvd., Suite 200  
Easton, PA 18045  
Fax: 833-219-0473

#### **Bethlehem**

830 Ostrum Street  
Bethlehem, PA 18015  
Fax: 833-219-0471

#### **East Stroudsburg**

3 Parkinsons Road  
East Stroudsburg, PA 18301  
Fax: 833-219-0474

#### **Lehighton**

575 South 9th Street  
Lehighton, PA 18235  
Fax: 833-219-0477

#### **Orwigsburg**

1165 Centre Turnpike Route 61  
Orwigsburg, PA 17961  
Fax: 272-639-5152

#### **Quakertown**

1534 Park Avenue  
Quakertown, PA 18951  
Fax: 866-291-6192

#### **Tamaqua**

120 Pine Street  
Tamaqua, PA 18252  
Fax: 833-219-6192

#### **Warren, NJ**

Bone and Joint  
755 Memoriall Pkwy., Bldg. 201  
Phillipsburg, NJ 08865  
Fax: 833-219-0476

Phone: 484-526-7246

**THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.**

PATIENT SIGNATURE

NURSES SIGNATURE

DATE