



## PATIENT DISCHARGE INSTRUCTIONS

### Clearway Pain Solutions Institute Specialists (850) 484-4080 (option 4)

Contact your pain management physician's office with any questions or problems.

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Dr. Buchalter | <input type="checkbox"/> Dr. Griffie     | <input type="checkbox"/> Audrey Sisney, ARNP | <input type="checkbox"/> Mark Catell, PA     |
| <input type="checkbox"/> Dr. Fairleigh | <input type="checkbox"/> Dr. Montgomery  | <input type="checkbox"/> David Downey, PA    | <input type="checkbox"/> Yelena Bianco, ARNP |
| <input type="checkbox"/> Dr. Larkins   | <input type="checkbox"/> Dr. Rimmalapudi | <input type="checkbox"/> Donna Garrett, ARNP | <input type="checkbox"/> Other: _____        |
| <input type="checkbox"/> Dr. Garrett   | <input type="checkbox"/> Dr. Capra       | <input type="checkbox"/> Jamie Jackson, ARNP |  |

#### 1. Diet:

\_\_\_\_\_ Resume normal meals gradually

#### 2. Activities After the Procedure:

\_\_\_\_\_ Rest for the remainder of the day unless otherwise instructed.

\_\_\_\_\_ Normal activity may be resumed tomorrow.

\_\_\_\_\_ Legs may go numb or give out up to 2 hours after procedure.

\_\_\_\_\_ No lifting of heavy objects.

\_\_\_\_\_ No driving until tomorrow if you received IV sedation.

\_\_\_\_\_ May shower or bathe tomorrow.

\_\_\_\_\_ Resume home medications.

\_\_\_\_\_ Medication(s) which should not be taken: \_\_\_\_\_

#### 3. Wound Care:

\_\_\_\_\_ Dressing(s) should be kept dry and left as is until seen by your physician.

\_\_\_\_\_ Dressing(s) may be removed tomorrow.

\_\_\_\_\_ Specific Instructions: May apply an ice pack at 15 minute intervals every  1-2  3-4 times before bedtime. (We recommend not using heat on the day of the procedure.)

#### 4. Monitor for signs and symptoms of infection. Notify your doctor or go to the ER if any of the following occur:

- |                                    |   |
|------------------------------------|---|
| 1. Large amount of bleeding        | 4. Persistent vomiting                            |
| 2. Temperature of 101 or above     | 5. Difficulty breathing or shortness of breath    |
| 3. Pain, unrelieved by medications | 6. Increase swelling or drainage at surgical site |

**5. If you develop a headache** lie flat on your back and elevate your legs. Drink caffeinated liquids. If your headache lasts longer than 24 hours, **please call your physician at (850) 484-4080.**

#### 6. SPECIAL INSTRUCTIONS: No alcohol for 24 hours

**7. Make no legal decisions or sign legal documents for 24 hours if you received IV sedation.**

**8. To cancel, please call our procedure cancellation line at (850) 912-4538 at least 72 hours prior to procedure to avoid cancellation fee.**

Your next procedure is \_\_\_\_\_ at  University Interventional Center  Marketplace  
Date/Time  Andrews Institute  North FL Surgery Center

Your next office appointment is \_\_\_\_\_ at  Marketplace  Atmore  WFH Clinic  
Date/Time  Navarre  Pace  Andrews  Brewton

\_\_\_\_\_  
Patient Signature (or person accompanying patient home)

\_\_\_\_\_  
Nurse Signature