



PATIENT STICKER

**Rhizotomy Discharge Instructions**

**ACTIVITY**

- Do not drive for 6 hours or while on pain medications.
- You may perform moderate exercise.

**COMFORT MEASURES**

- You may take your usual medications.
- You may remove the band-aids after 4 hours.
- Apply ice to the injection area at 20 minute intervals 5-6 times per day, if painful.

**BATHS, SHOWERS, AND OTHER WATER ACTIVITIES**

- You may shower after 4 hours.
- DO NOT bath, swim, or get into a hot tub for 24 hours after procedure (increases the risk of infection).

**COMPLICATIONS**

- Numbness, weakness, and tingling in the arms or legs lasting for more than 8 hours.
- Temperature greater than 101 F°.
- Nausea, headache, or stiff neck.
- Difficulty or inability to urinate.
- Excessive bleeding or drainage from the injection site.
- Unusual swelling or redness at the injection site.
- Difficulty breathing or chest pain with breathing.

**If you experience any of the above complications, call your physician's office. If it's after hours go to the nearest emergency room.**

**I ACKNOWLEDGE AND AGREE TO THE ABOVE:**

PATIENT/PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

If signed by someone other than patient, please state relationship: \_\_\_\_\_

RESPONSIBLE ADULT SIGNATURE: \_\_\_\_\_ Relationship to patient: \_\_\_\_\_