

Fayetteville PAIN CENTER, PLLC

2153 Vallegate Drive, Suite 102
Fayetteville, NC 28304
(910) 321-7246 Office
(910) 321-7245 Fax

DISCHARGE INSTRUCTIONS

1. ACTIVITIES:

- May resume normal activities as tolerated.
- Limit your activities for 24 hours. Do not engage in sports, heavy work or heavy lifting until your physician gives you permission.
- Do not drive or operate hazardous machinery for 24 hours.
- Do not make important personal or business decisions.

2. DIET:

- May resume normal diet.
- Eat light foods (Jello soup, crackers, toast) as tolerated for the first few hours. Then resume normal diet.

3. FOLLOW-UP CARE:

- You have a follow-up appointment scheduled for _____ with Dr. Desai at _____.

4. NOTIFY YOUR DOCTOR IF:

- Fever greater than 101 degrees orally
- Extreme redness or swelling around the injection site
- Nausea and vomiting that is not improving
- Severe pain that is not relieved by medication
- Bowel/Bladder difficulty or sudden leg or arm weakness

5. OTHER INSTRUCTIONS: _____

I acknowledge that I have received and fully understand the above instructions.

Patient / Guardian Signature

MA/RN/NP/PA Signature

Date and Time