

ANATOLY ARBER, M.D.
Board Certified in Anesthesiology & Pain Management

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DISCHARGE INSTRUCTIONS

It has been a pleasure to have you as our patient. To help you at home, you must follow these general discharge instructions. We will review these with you before you are discharged. It is our hope that you will have a complete and uneventful recovery from your procedure.

Please call the office 847-625-9500 within 2-4 days to let us know how you are doing and if the procedure has helped you. If you receive our voice mail, please leave a message as to how you are feeling and we will call you back as soon as possible.

General Instructions

1. Do not swim or use a hot tub or bath for 3-5 days following the procedure, you may shower as you normally do.
2. Resume your regular diet as tolerated.
3. Resume all previously prescribed medications.
4. We recommend that you relax and rest during the rest of your procedure day.
5. Please call the office to schedule a follow up appointment; it should be within the next 2 weeks.
6. It is not unusual to have some soreness at the site of the injection; you can use ice for 20 minutes in 20 minute intervals but **DO NOT** use heat. This should resolve within a few days. Should you develop a headache after your procedure please rest, drink plenty of fluids (especially caffeine if possible), and take a mild analgesic. If the headache does not improve, please contact Dr. Arber.
7. You may have temporary numbness and even weakness of the legs and buttocks after the procedure. You may need assistance with walking.
8. Lightheadedness or nausea may occur and should resolve within 24 hours.
9. Since you may have some weakness in your legs or arms for a few hours after the procedure, we ask that you do not drive for the next 24 hours unless you have discussed this with the doctor and he has instructed you otherwise.

IF YOU HAVE ANY QUESTIONS OR CONCERNS AFTER THE PROCEDURE, PLEASE DO NOT HESITATE TO CONTACT DR. ARBER AT (847) 625-9500. IF YOUR CALL IS AFTER OFFICE HOURS, PLEASE PAGE DR. ARBER AT THE FOLLOWING NUMBER **(847) 479-2066** AND HE WILL CALL YOU BACK AS SOON AS POSSIBLE. IF THE DOCTOR IS NOT AVAILABLE, GO TO THE EMERGENCY ROOM.