

# Back Injection

## *Discharge Instructions*

Dr. Seymour 256-327-7463 (256-32 SPINE)  
Appointment in 2 weeks, call to schedule

### **Wound Care:**

1. Remove Band-Aids in 24 hours
2. Shower in 24 hours

### **Activity Level:**

Light activity today

Call your doctor at 256-327-7463 for any worsening signs or symptoms

No driving for 24 hours or while taking pain medications

Follow the directions for pain medicine ordered by your doctor. It takes 20 minutes to start working. We recommend taking the pain medicine before extreme discomfort occurs. Some pain medicines can cause nausea and vomiting on an empty stomach, so you should take with food unless otherwise directed. Call your doctor if your pain is not relieved. If rash, nausea or vomiting occurs, stop taking the medication and call your doctor.

9/14 Seymour



Toll Free Spine Care Hotline:  
1.877.957.7463 (1.877.95 SPINE)