

ASCENSION ST VINCENTS

SPINE PROCEDURE AFTERCARE INSTRUCTIONS

Who Performed Your Procedure:

Aftercare Instructions:

- A bandage will be applied over the procedure site. Skin glue may also be applied to the site. You may remove the bandage 24 hours after your procedure, however, allow the skin glue to flake off on its own (do not pick it off). You may shower and allow water to flow over the site 24 hours after your procedure, however, do not submerge the site in water (bath, pool, hot tub or ocean) until the site has healed. Do not apply lotion/ointment to the site until it has healed unless instructed to do so.
- Avoid strenuous physical activity for at least 48 hours then increase your activity level as tolerated.
- It is normal to experience discomfort / pain and bruising after your procedure. You can take acetaminophen (Tylenol) for the first 24 hours after your procedure. After 24 hours, you may switch to aspirin, ibuprofen (Motrin) or naproxen (Aleve) if acetaminophen is not adequately decreasing your pain.
- Some procedures are located near nerves. Local anesthetic (lidocaine) can occasionally flow over these nerves and cause numbness/weakness which will go away but can take up to several hours after your procedure depending on what local anesthetic was used.
- Contact Radiology or your ordering clinician if you have any concerns or experience any of the following after your procedure: continued bleeding; significant swelling; severe pain not responding to over-the-counter medications; signs of possible infection (significant redness or purulent drainage from the site, severe pain, fever or chills); shortness of breath and/or chest pain that is worse than normal for you; dizziness / lightheadedness when standing; faster than normal heart rate; new weakness, numbness or tingling in your arms or legs or difficulty with urinating or defecating.
- Weekdays 8 am to 5 pm call 308-8401 (Riverside), 296-3886 (Southside), 602-1360 (Clay), 691-1297 (St Johns) or Optimal Imaging (450-6960). Weekdays 5 pm to 10 pm or weekends 6 am to 10 pm call 308-8401. If outside of these hours, call the hospital operator at 308-7300 and ask to speak to the Interventional Radiologist on call.
- Call 911 or have someone take you to the nearest Emergency Room if you are experiencing severe/significant symptoms.

How Do I Receive Procedure Results?

- Some spine procedures produce samples which are sent for laboratory analysis. Results can take up to 5 days to become available. Please contact your clinician's office to obtain results and for follow-up instructions.