

Pain Diary

Patient	Dates	To																		
10																				
9																				
8																				
7																				
6																				
5																				
4																				
3																				
2																				
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Day 12																				
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Day 14																				
Day 15																				
Day 16																				
Day 17																				
Day 18																				
Day 19																				
Day 20																				

Comments _____

Englewood Surgery Center

DISCHARGE INSTRUCTIONS

What can or should I do after the procedure?

- Diet: You should first try clear liquids, especially if you have had sedation. Then, if your stomach is not upset, you may advance your diet as tolerated, and resume your normal diet.
- If you have had sedation, we ask that you do not drive for 24 hours, because the medications used can cause drowsiness, dizziness, slow response, weakness and reduced coordination.
- Rest on the day of the procedure, and then you may perform activities as tolerated. Remember it is important to stay mobile. Walking will help keep your muscles from tightening up.
- Avoid lifting heavy objects (over 20 pounds).
- If you experience discomfort, you may apply ice or heat packs to the affected area or take your analgesics.
- You may bathe or shower as usual.
- Please call 720-274-0313 to schedule your follow-up appointment.
- If you experience an emergency, please call 911 or go to the nearest emergency room. If you feel you are not having an emergency but your need cannot wait until business hours, please call 303-762-0808 and ask to speak to the on-call Practitioner.

What should I expect after the injection?

- Immediately after the injection you may feel temporary relief. You may feel soreness at the injection site for a few days, due to the mechanical process of the needle insertion, and your pain may intensify for a few days before you experience relief. The degree and time of onset of pain is variable from patient to patient.
- If you have not made a follow up appointment with Dr Fillmore please stop by the receptionist desk to schedule that appointment

Instructions Given By: _____ Date _____

Responsible Party Signature: _____