Providence Outpatient Surgery Center

Dr. Walsh Pain Management Instructions

Referring M.D.: ____________________________ Date: ____________

1. Contact your referring physician within two weeks for an appointment or follow-up phone call. DR. WALSH DOES NOT SCHEDULE ADDITIONAL INJECTIONS. Your referring physician will make that decision.

2. Diet:
   - No diet restrictions
   - You may drink whatever you wish.

3. Activity:
   - If possible, most patients are advised to take at least one day of rest. Get in any position that is comfortable: bed, easy chair, couch, etc.
   - Physical Therapy should be discussed with your referring physician.

4. Work:
   - You may return to work unless your referring physician recommends otherwise.

5. Medications:
   - You may continue to take any medications you normally take. Don’t suffer. Please take prescribed pain medication when needed, not to exceed amount ordered.
   - Dr. Walsh can give you a prescription for pain medication when he sees you; any additional pain medication prescriptions should be obtained from your referring physician.

6. Special Information:
   - If you develop a headache that gets worse when you stand or sit and goes away when you lie down, you should call Dr. Walsh (251−342−0004).
   - Fifty percent of patients having a block may note pain relief in 1 to 2 days, the others 1 to 6 days.

7. Additional Instructions:
   - Cervical epidural: For 4 hours following injection –
     1. Do not drive
     2. Do not use sharp objects.
     3. Do not touch hot objects.

8. Where to call with questions: Metro Anesthesia (Dr. Walsh) 251−342−0004
   1340 Sledge Drive
   Mobile, AL 36606

I have received and understand the above instructions.

Patient Signature ____________________________ Date ____________

Nurse Signature ____________________________ Date ____________