

Home Care After Thoracic or Lumbar Discography

The doctor has done a discography to assess your disc at level _____.

What to Expect

- Soreness in your back where the needles were placed.
- A stiff back and leg.
- Pain when you stand or sit for a long time or when you bend over.
- You will feel worse before you start to feel better.

These symptoms should go away within the first week. Take all your medicines as you have been doing.

If your back pain is the same or better, you can return to your normal routine. If your back feels worse, you should:

- Rest your back for the next few days.
- Put ice on the site for 20 minutes on and 20 minutes off as needed.
- Take your pain medicines as instructed.

No baths or soaking of the site for 24 hours. Taking a shower is okay.

We will give you a pain log. Complete this form for the next 14 days. Make a copy for your own records. Then, mail it back to us in the pre-paid envelope we gave you. We will need this form to decide the next step in your treatment plan.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5652.

When to Call

Call the doctor if you have any new symptoms or signs of infection. This includes:

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart.
- Increased redness, swelling around the site.
- Any drainage from the site.

Who to Call

Call your referring doctor within 2-4 weeks after the injection with questions or to discuss results. Your doctor will have the report within 7-10 days.

Call your doctor below if you have any new symptoms or signs of infection.

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| Dr. Sehgal | (608) 263-9550 |
| Dr. Poliak-Tunis | (608) 263-9550 |
| Dr. Leonard | (608) 265-3207 |
| Dr. Holz | (608) 265-3207 |

After hours, nights and weekends, call **(608) 262-0486**. If you live out of the area, call **1-800-323-8942**. Ask for the rehab doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.