

Douglas Abeles, M.D.  
21030 Redwood Road  
Castro Valley, CA 94546  
(510) 538- 0430

**Back Injections:  
Selective Nerve Root Block, Epidural Steroid Injection, Facet Block  
Patient Discharge Instructions**

Following back injections, it is important that you carefully follow instructions to assure the best possible results. The following instructions will be useful to you.

1. NO strenuous activities. NO heavy lifting, bending, or twisting for 48 hours. If any activity causes pain- STOP- do not continue that activity.
2. Apply ice therapy for 30 minutes every hour while awake for first 3 days. Apply as needed thereafter.
3. Eat a balanced regular diet.
4. Take all medications as directed. Do not mix with alcohol or drive after taking pain medications
5. Call the office immediately (510-538-0430) if you notice any of the following:
  - a. Pain not relieved by medication and ice therapy.
6. If severe headache develops drink copious amount of fluids and caffeinated drinks and remain on bed rest for 48 hours. If no improvement after 48 hours please call the office or go to the emergency room.

Your return appointment is for \_\_\_\_\_

---

Patient Signature

Date

---

Witness

Date