Discharge Instructions: Pain Pump/Epidural Trial

What To Expect
• Pumps are usually in place for 2 weeks. It is normal to feel sore at the needle site for a few days.

Wound Care
• No showering during the epidural trial. Keep the dressing clean and dry.
• Leave the dressing in place until we take it out on the permanent implant and/or clinic appointment.

Restrictions
• Avoid vigorous activity that was not done before the procedure. Normal activity is OK.
• You may resume all non-pain medications. Please note: If you are taking an anticoagulant (blood thinner) medications, your doctor will tell you when you can resume taking that medication after your procedure.

Pain Control
• If you are taking pain medications, your doctor will tell you which ones to continue or discontinue.

Diet
You may resume your previous diet.

Call Us If...
You have:
• fever and/or chills
• bleeding from the injection site
• pus or drainage at injection site
• muscle weakness or trouble moving (paralysis)
• loss of bowel or bladder control

Follow Up Care
We will follow you closely over the next 2 weeks. Depending on how you respond, your follow up will could be by telephone, in the clinic, or on the day of your permanent intrathecal implantation.