

Patient: _____



Discharge Instructions for Myelogram

Report to physician

1. Chills or fever **GREATER THAN** 101.5 (a temperature elevation in is normal within 24-72 hours after procedure).
2. Drainage or bleeding from puncture site lasting greater than 5 days – 2 weeks.
3. Excessive pain or tenderness at incision site

Wound Care

1. **YOU MAY SHOWER**, but no tub bathing for 48 hours after procedure.
2. You may remove the clear dressing (opside) 1 day after procedure.
3. If dressing is saturated, remove and reapply gauze dressing and notify our office
4. If after dressing is removed there is some drainage, cleanse incision three times daily with hydrogen peroxide and cover with a light gauze dressing.

Activity

1. Driving: No driving of a motor vehicle for at least 48 hours post-operatively. The doctor will specify if you are to have any further driving restrictions.
2. Travel: Even as a passenger you should make frequent stops and stretch and move around to avoid muscle fatigue. This is recommended every 30-45 minutes.
3. Your activity should consist of short, frequent walks; avoid excessive stair climbing (no more than 2-3 times daily). Walk at least 10 times per day.
4. No lifting over 20 pounds for at least 2 days, unless otherwise directed.
5. Stop any activity that causes increased back or leg pain.

Post-operative Visit

Please contact office when discharged from hospital to make an appointment for 1 week after procedure, if there is no appointment already made or on this sheet.

Post-op Appointment Date and Time: _____