

Care After a Discogram

Discogram

You had a discogram to help determine the cause of your back, leg or arm discomfort. During the discogram, contrast was injected into your disc so it could be seen better on the X-ray.

Activity

- Have someone drive you home. Do not drive for 24 hours.
- You should have someone stay with you or be available to help you for 12 hours after the procedure.
- Avoid strenuous activity or heavy lifting for 24 hours.
- You may take a shower the morning after the procedure.
- After 24 hours, return to your normal activities as you are able.

Diet

- Return to your normal diet. Follow any instructions your health care provider gave you.
- Do not drink alcohol while you are taking prescription pain medicine.

Medicine/Discomfort

- It is common to have some soreness or muscle spasms in your back, arm or leg. This usually lasts only a few days.

Your Health Care Provider

Name: _____

Phone number: _____

- Take your normal medicines (including pain medicine). Follow any instructions your health care provider gave you.
- Use a cold pack to help relieve discomfort.
 - Place a clean, dry towel on your skin before you place the ice pack.
 - Leave the cold pack on for 20 minutes at a time, once every 2 hours for the first 24 hours.
- Take any prescribed medicine (including pain medicine) as directed.

Site Care

- Bandages were placed over the injection sites after the procedure.
- It is important to keep the site clean and dry.
- Do not swim or soak in a bathtub or hot tub for 1 week.
- You may take a shower while the bandage is on. Cover the bandage with plastic wrap before your shower. Remove the plastic wrap after your shower.

(over)

- Change the bandage if it gets wet.
- You may remove the bandage 48 hours after the procedure.

When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- new numbness or tingling in your legs or feet, arms or hands
- pain, swelling, redness, warmth or drainage at the injection site
- chills or a temperature of 101 F or higher
- any questions or concerns.