

Rochester Pain Solution

Discharge Instructions: Ganglion Impar Block/Sacrococcygeal Block

You have received an injection of a local anesthetic. It is likely that the effects of this anesthetic are still present when you are discharged home. Please pay attention to the following possible side effects and post-injection instructions:

1. It is not uncommon to experience pain or soreness at the site of the injection. After the injection, you should apply ice packs to the injection site for no longer than 20 minutes at a time, repeating the ice pack treatment 4 to 6 times as needed.
2. You may take pain medication prescribed by your doctor as needed.

Resume all medications as instructed by prescribing provider.

3. If you are diabetic, the steroids may temporarily increase your blood sugar levels. If this occurs, please notify your primary care provider. Your diabetic medication may need to be adjusted. Other steroid effects may include water retention, insomnia, facial flushing, restlessness, and headache.

4. **If you develop ANY of the following, please call the doctor you have seen for your procedure or go to the emergency room:**

- Fever or chills
- Severe tenderness at the injection site
- Weakness in the leg that persists the next day after the procedure
- Breathing difficulty, dizziness, severe total body rash, facial or tongue swelling, chest pain

Monday to Friday, from 8:00 AM to 5:00 PM, call (585)491-6130.

After 5:00 PM, on weekends or Holidays, call (585)520-1812.

If you have received general anesthesia or intravenous sedation, we suggest you do not sign any important documents or make any important decisions for 24 hours.

I have read and understand the above instructions and have received a copy.

Patient Signature: _____ Witness Signature: _____

Accompanying Adult: _____ Date: _____