

Epidural Steroid Injections Post Procedure Instructions

1. The effects of any local anesthetic injected typically wears off in about 4-8 hours. You may experience numbness or weakness down one or both arms or legs depending on the level injected. You may experience some bruising or tenderness at the injection site(s). You may experience soreness at the injection site for a few days following the procedure. **Pain may then return to its previous or an elevated level.** Ice packs are helpful if this occurs. Do not apply ice packs for longer than twenty (20) minutes at a time. We recommend 20min on and 40min off.
2. Be aware the steroid relief may not be felt for several days. If you are diabetic, you may experience an increase in your glucose levels after the steroid injection.
3. You may resume your normal activity the day after your injection. Be careful negotiating around steps, curbs, rugs, bathtubs or other uneven surfaces until normal muscle strength, balance and/or equilibrium returns as these can be side effects from the procedure.
4. You may remove the band aids after a few hours and shower after your procedure, but please do not soak in a bath or hot tub or use a heating pad within the first 24 hours following the procedure.
5. You may resume taking all your medications unless otherwise directed by your doctor.
6. Possible Side Effects of Steroid: Facial flushing, difficulty sleeping, irritability
7. Do not drive for up to 12 hours after your procedure.
8. If you are prescribed an antibiotic between the procedure and your next visit, please notify us prior to having another procedure.
9. Please call the Pacific Sports and Spine during office hours for any unusual effects such as the following:
 - a. unusual persistent pain symptoms
 - b. intense headache or severe worsening of pain
 - c. shortness of breath or difficulty breathing
 - d. redness or swelling at the injection site that lasts for more than 1 day
 - e. discharge from the injection site
 - f. a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart