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## HUNTINGTON CENTER FOR PAIN TREATMENT – PATIENT EPIDURAL STEROID INJECTIONS DISCHARGE INSTRUCTIONS

Dr. Tzou has performed an epidural steroid injection. The following instructions are necessary to ensure maximum benefit and safety after the procedure.

Call the Pain Center immediately if you experience any of the following:

1. Sudden onset of new pain or numbness and weakness of the extremities not present before the procedure.
2. Headache
3. Temperature of 101 degrees F or above
4. Excessive swelling, redness, warmth or drainage from the injection site.

The medication injected takes approximately 24-48 hours to begin to take effect. Take your normal medications as ordered by your Primary Care Physician. If you discontinued use of aspirin or non-steroidal anti-inflammatory medications prior to the injection, you may begin use the day following the injection.

Activity:

You should rest and not do heavy work the rest of the day.

Do not drive for two (2) hours after the procedure.

Ice your injection site 20 minutes on, 20 minutes off for the remainder of the day.

You may remove the bandaid in 24 hours. You may then shower.

You may experience the following after the epidural steroid injection.

1. Facial flushing.
2. Irregular periods.
3. Swelling of ankles.
4. Soreness at the injection site. You may apply ice.

THESE EFFECTS USUALLY RESOLVE WITHOUT INTERVENTION.

SPECIAL NOTES:

If you are a **diabetic**, you may expect that your blood sugar levels will be elevated for a few days following the injection. Monitor your blood sugar levels on a regular basis and notify your Primary Care Physician of significant elevations as an increase in dosage of insulin or oral hypoglycemic agents may be indicated.