



DISCHARGE INSTRUCTIONS

☐ **Epidural Steroid Injection** ☐ **Facet Joint Injection** ☐ **Medial Branch Blocks**

☐ **Stellate Ganglion/Lumbar Sympathetic Block** ☐ **SacroIliac Joint Injection**

- You have received an injection of local anesthetic and/or steroid medication for the treatment of your pain problem. You may feel better immediately for a short time due to the local anesthetic. You may resume normal activities, but do not “overdo” it. No strenuous lifting, bending, or stooping.
- You may experience some temporary numbness and/or weakness in your legs due to the local anesthetic. This should wear off within 24 hours. Do not drive today and be extra careful when walking to avoid falls. Call the office if the numbness/weakness is severe or becomes worse over time.
- If you received sedation through an I.V., then you may not drive, drink alcohol, operate machinery, or make important decisions today. The medications you received can affect your reflexes and thought processes even after you feel they have worn off.
- You may resume your normal diet and fluid intake. Showers are ok, but avoid baths and hot tubs for 3-4 days.
- You may have some local tenderness where the needle was inserted during the procedure. Back discomfort is generally well treated with over-the-counter medication such as Tylenol or Ibuprofen (Advil, Motrin). You may apply ice to the area of soreness for further comfort. You may use heat after 3-4 days.
- You may experience some insomnia, swelling of your hands and face, and/or flushing due to the steroid medication. This is temporary and will subside.
- If you are diabetic, eat regularly and resume your scheduled insulin. If you received steroid medication, you may find your glucose level elevated for a short time. If you take Coumadin, resume your scheduled dose as ordered by your doctor the day following your injection.
- Your pain may get worse before it gets better. It takes 7-10 days to get the full effect of the steroid. The pain relief you may feel initially is usually due to the effects of the local anesthetic. If you get partial benefit from this injection, it may be helpful to repeat the injection. You may wish to call your referring physician and let him know of your progress.
- Please make note of the following information for your Physician and Nurse: How much of your pain is relieved and where? How long does your relief last? Any changes in activity or pain medication? Any change in the type of pain you experience? Did you have any side effects or problems?
- Please call the Physician or Nurse at our office at (541) 683-4242 for any of the following problems. Pain that is different from your usual pain; Fever; Numbness or weakness that is severe or worsens over time; Severe headaches; Changes in bowel or bladder habits.
- For emergencies call 911.

Patient or Authorized Signature

Date

Witness

Date

PATIENT STICKER