

POST-PROCEDURE DISCHARGE INSTRUCTIONS

What to Expect

- You may notice soreness (common) or increased pain (less common) immediately after the injection for 1 to 3 days. This is usually at the injection site itself. This will slowly start to improve and is totally normal.
- The numbing medicine in the injection begins to work right away, and you may feel relief from your usual pain (not the soreness) before you leave. This will wear off (just like Novocaine at the dentist), after a few hours. Again, it is normal for your usual pain to come back after this, and in some cases, the pain may feel worse for a few days.
- The steroid medicine in the injection usually starts working after 3 to 5 days, but sometimes needs as long as 1 or 2 weeks to exert its effect.
- There are usually minimal side effects from the injected medication, but in some cases the steroid may cause facial flushing, rapid heart rate, and elevated blood pressure.
- Diabetic patients may experience an increase in the blood glucose (sugar) levels. This typically corrects itself in 1 to 2 weeks. If it persists or is extremely high, you should contact your primary care physician or whoever treats your diabetes.

Activity

- In most cases, you will have a band-aid over the injection site. Try to keep this in place for at least 24 hours after the procedure. Once it comes off, it may remain off.
- If the injection site is sore (as described above), you may apply an ice pack to the area for 20 minutes at a time, up to each hour of the first 24 hours. After this, you should not need it, but may continue to apply ice 20 minutes at a time up to 3 times per day.
- For most injections done in the office, you may continue your normal activities immediately after the procedure. [For patients who have had sedation or a spinal cord stimulator trial, you will be given additional instructions]
- You may continue to go to the gym, workout, or do physical therapy as tolerated. Swimming can be resumed after 24 hours.
- You may shower immediately after the procedure. You should wait 24 hours before taking a bath.
- You may resume your blood thinner medications the next day after the procedure. All other medications, including pain medications, can be resumed immediately after the procedure. As needed pain medications, should only be taken if needed after the procedure.
- Although you may drive after your in-office procedure, we always recommend that you have a responsible driver accompany you home.

When to Call the Office

- Redness or swelling at the injection site
- Fever, chills or rashes or temperature above $>100^{\circ}\text{F}$
- Severe headaches, not relieved with medications
- If you experience any increased weakness, or inability to control your bowel or bladder, you should report to the nearest emergency room and ask the physician to call the office.