

## Discharge Instructions

### All Patients:

- The injection you received contained local anesthetic and possibly some steroid medication (to reduce inflammation and pain. You may possibly some have some numbness for 4 to 8 hours due to local anesthetic.
- Discomfort, bruising or slight swelling may occur at the injection site, this is not abnormal.
- If you had a Radiofrequency Denervation, you may experience increased pain.
- You may experience an increase in your symptoms for the first two days. It can take 2 days to 2 weeks for the steroid to reach its maximum effect.
- You may apply ice to the procedure site, for the first 24-36 hours. You may continue using ice over the following weeks. Use ice only for 20 minutes, 3 times per day, or as needed.
- You may take your pain medication as directed.
- You may resume your regular medication.
- You may shower, but no swimming, bath tub or Jacuzzi for 24 hours.
- You may resume your diet and activities as tolerated.
- Check with your requesting Physician about restarting physical therapy.
- If you had IV sedation the following should be honored:
  - Do not drive for 24 hours. Do not consume alcohol for 24 hours.**
  - Do not use public transportation unaccompanied for 24 hours.**
  - Do not operate hazardous machinery or make personal/business decisions for 24 hours.**

**POSSIBLE STEROID SIDE EFFECTS (if steroid was used for your procedure)**  
**You may experience these, but they should only last for a short period of time.**

Increased blood glucose (sugar) levels  
Skin Flushing (redness)  
Euphoria (feeling happy)  
Increased Appetite  
Sweats

Restlessness/Irritability  
Edema (swelling)  
Difficulty sleeping  
Skin Rash  
Depression

**POSSIBLE PROCEDURE SIDE EFFECTS**

**Call the office if concerned**

Fever Greater than 101 degrees Fahrenheit  
Hematoma (bruising/bleeding at site)  
Infection (redness, drainage at site)  
Increased pain/numbness/tingling

Nausea/ Vomiting  
Edema (swelling at site)  
Headache  
Difficulty with movement

In the event of a headache after an epidural steroid injection: drink plenty of caffeinated beverages (coffee, tea, colas), get bed-rest for 24 hours and consider wearing a tight abdominal binder.

Medications you may have received: Ancef Clindamycin Dexamethasone Lidocaine Marcaine  
Omnipaque Toradol Zofran Propofol Diprivan

**If you have a medical emergency dial 911. If you are experiencing a non-emergent surgical complication, please contact your surgeon's office. For the surgery center please contact 702-476-1800.**