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Lumbar Epidural Steroid Post-Injection Information

You have just successfully undergone an x-ray guided injection. These procedures may have two purposes. One is to help diagnose where your pain is coming from. The other is to diminish inflammation and pain around nerves or joints.

Most likely, two medications have been injected- an anesthetic (numbing medication - Lidocaine) and a long-acting steroid (Dexamethasone). The anesthetic is used diagnostically, and should relieve the pain for a few hours. The steroid is used to reduce inflammation and pain long term. The steroid sometimes has a delayed onset and may not take effect until two weeks after the injection. Therefore, you may experience a few hours of good pain relief from the anesthetic, followed by a time period during which the pain returns (usually to a lesser degree than prior to the injection). When the steroid starts to take effect, you should experience greater than pain relief. Please keep in mind, however, that everyone responds to medications differently.

The injection procedure you had is generally a very safe procedure. As a precaution, however, we ask that you adhere to the following post-injection instructions.

INSTRUCTIONS:

1. Have somebody else drive you home. You may not drive yourself home because you may experience temporary numbness after the injection.
2. You may resume all of your usual medications.
3. Do not go into a bath, hot tub, or swimming pool for 24 hours. You may shower.
4. You may remove the Band-Aid from the injection site a few hours after the procedure.
5. You may experience temporary soreness at the injection site. This is not unusual and is best treated with ice, Tylenol, and anti-inflammatory medications.
6. You should try and take it easy for 48 hours after the injection. Avoid any vigorous activity. Light activity such as walking and gentle stretching is fine. You may resume your usual activities 48 hours after the injection, unless your physician instructs otherwise.
7. Schedule a follow-up appointment for 72 hours after the injection, unless your physician instructs otherwise.
8. You should continue with your usual physical therapy and home exercise program after the first 24 hours.
9. Delayed adverse reactions to the procedure or one the medications are uncommon. Call and speak with your doctor's medical assistant immediately if you experience increasing pain, weakness, fever, chills, redness at the injection site, or severe headaches.

If you have any questions, do not hesitate to call 469-430-9380.



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