

**Rochester Pain Solution**  
**Discharge Instructions: Epidural Steroid Injections**

You have received an Epidural Steroid Injection. Please pay close attention to the following side effects and post-injection instructions:

Your physician has given you an epidural injection. The purpose of this procedure is to decrease pain and inflammation that may be contributing to your pain problem. It is not expected that this procedure will completely relieve your pain, but rather decrease it so that you more actively participate in your daily activities. Often a series of injections are required. The duration of pain relief varies in each patient, and it is not unusual for the pain to return. The local anesthetic medication provides a temporary numbing effect that may last from 1-2 hours to several hours. A steroid medication may be used to decrease inflammation. This medication begins to take effect 2- 14 days after the injection, and then continues to work for an extended period of time.

**Activity:**

1. It is not uncommon to experience pain or soreness at the side of the injection. After the injection, you should apply ice packs to the injection site for no longer than 20 minutes at a time, repeating the ice pack treatment 4 to 6 times as needed.
2. Occasionally, patients will develop a post dural puncture headache after an epidural injection. This is a throbbing headache that is exacerbated when standing up and alleviated by lying down. In most instances, these headaches are transient and will resolve with oral fluids and bed rest. However, if you develop persistent positional headache for 48 hours or more following your epidural injection, please contact the doctor you have seen for your procedure.
3. Do not apply heat to the puncture site or submerge in a bath tub for 24 hours after the injection.

**Diet:**

1. You may resume your usual diet.

**Medications:**

1. You may take pain medication prescribed by your referring doctor. You may also resume your usual medication after procedure on the same day. Regarding resuming your blood thinner follow Dr. Hadian's instructions.
2. If you are diabetic, the steroids may temporarily increase your blood sugar levels. If this occurs, please notify your primary care physician. Your diabetic medication may need to be adjusted. Other steroid effects may include water retention, insomnia, restlessness and headache.

**If you develop ANY of the following, please call the doctor you have seen for your procedure or go to the emergency room:**

- Fever or chills
- Severe tenderness at the injection site
- Weakness in the arm (for neck procedure) or leg (back procedure) that persists the next day after the procedure
- Unable to urinate or have new incontinence of bowel or bladder
- Breathing difficulty, dizziness, severe total body rash, facial or tongue swelling, chest pain.

Monday to Friday, from 8 am to 5 pm call (585) 491-6130, After 5:00 PM, on weekends or Holidays, call 585-520-1812.

**Follow up:** Please call the office at 585-491-6130 if a follow up appointment is needed.

**Medications/prescriptions given to patient at discharge:** \_\_\_\_\_

**If you have received general anesthesia or intravenous sedation we suggest you do not sign any important documents or make any important decisions for 24 hours.**

**I have read and understand the above instructions and have received a copy.**

Patient Signature \_\_\_\_\_ Witness Signature: \_\_\_\_\_

Accompanying adult: \_\_\_\_\_ Date: \_\_\_\_\_

**\* If you cannot reach your physician and it is an Emergency, please call 911 or go to the nearest Emergency Department.**

Rochester Pain Solution, Rochester, NY 14618

www.rochesterpainsolution.com