



## Epidural Steroid Injection Instructions

1. You may feel better immediately for a short period of time because a local anesthetic medication has been used with the steroid, but do not “overdo” it. You may continue your physical therapy exercise and/or previous activity in about three (3) days as tolerated. No strenuous lifting, bending or stooping should be done.
  2. You may resume your usual diet, fluid intake and medications.
  3. You may shower today but do not sit in a bath or hot tub or swim for 48 hours.
  4. Your pain may be worse for several days before it gets better. The steroid may take 3-5 days to have its full effect. A heating pad set on “low” or cold pack may be used for discomfort, if needed.
  5. You may resume taking your pain medicine as prescribed by your doctor. If there is no contraindications for you specifically, for mild pain Tylenol or Ibuprofen may be taken as directed. Do not drive if taking narcotic medications. **Do not drive for 24 hours if you had sedation with your procedure today.**
  6. If you are diabetic, the steroids may temporarily increase your blood sugar levels. If this occurs, please notify the physician that treats your blood sugar levels.
  7. Steroid side effects may include facial flushing (feels similar to a sunburn), an increase in blood pressure, water retention, headache, insomnia & restlessness. These effects are usually mild and short in duration, rarely lasting beyond 48 to 74 hours.
  8. A small Band-Aid has been placed on the injection site - which should be kept dry and removed the next day.
  9. Please contact your providers office at: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ immediately if any of the following occur:
    - Unusual Headache
    - New Leg Weakness
    - Extreme Fatigue
    - Severe back or any new pain or numbness after you get home
    - Difficulty with control of urine or bowel movements
    - Fever
- If you cannot reach your doctor and your condition seems urgent, please go to an emergency room or call 911.**

Instructions Given By: \_\_\_\_\_

Patient Released To: \_\_\_\_\_ Date: \_\_\_\_\_