



General Discharge Instructions

Introduction:

The following information may help you make a more comfortable and rapid recovery after your injection of corticosteroids or anesthetic medication. Please review this information before leaving your appointment.

Talk with your health-care provider about your questions and concerns.

Discomfort:

For 24 to 48 hours after your injection, the injection site may be slightly tender. Within the first 24 hours you may use an ice pack on the injections site, 20 minutes on then 20 minutes off, repeat as needed. Do not use heat on the site for the first 24 hours.

Diet:

Resume your usual diet. If nausea occurs, limit your intake to clear fluids. Advance to solid food when symptoms subside.

Side effects:

If you have diabetes, corticosteroids may cause a temporary increase in your blood sugar. Monitor your blood sugar more frequently and make appropriate adjustments to your medication. Other side effects include, but are not limited to, increased blood pressure, muscle cramp, flushing, warm skin, insomnia, headache, edema, menstrual irregularities and various skin eruptions. Side effects usually subside in 7 to 10 days.

Restrictions:

Rest the day of your procedure, and avoid strenuous activity. You are not to drive for 24 hours after the procedure if you have had sedation avoid any activity that requires skill, dexterity, or coordination. You may feel that you are capable, but the medication and/or block you received can significantly impair your reflexes.

Bathing:

There is no restriction on showering, however avoid hot tubs, bathing and swimming pools for the first 24 hours.

Call the doctor for:

High fever (A temperature higher than 100.4 degrees Fahrenheit). Your injection site becomes red, swollen, tender or warm. You develop significant numbness or weakness in your extremities or lose bladder or bowel function.

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