

ADVANCED PAIN MEDICINE, PSC

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Epidural Steroid Injection (ESI) Discharge Instructions

After your injection(s) today:

- * Do not drive or operate machinery for 24 hours
- * Do not engage in any strenuous activity or heavy lifting
- * Resume your regular diet
- * Drink plenty of fluids
- * You may remove any band-aids tonight
- * Rest
- * Do not take a bath; you may shower
- * Take your usual medications as prescribed

You may experience any of the following up to 4 hours after your procedure:

- * For lumbar epidural: numbness or muscle weakness in you legs or feet
- * For cervical epidural: numbness or muscle weakness in you arms or hands
- * Dizziness (lying down usually helps, since dizziness is frequently a results of a drop in your blood pressure)
- * Once the local anesthetic wears off you may experience some discomfort in the area where your injection was performed. You may use ice to decrease discomfort and inflammation at the injection site for 24-48 hours after the procedure.

* Please keep in mind that the steroid injection for your procedure may not begin working until 48-72 hours after the procedure. It may take several days before you notice the full effect of your block.

Please notify Advanced Pain Medicine, PSC if you develop any of the following:

- * Increased pain greater than one week
- * Drainage or increased pain at the injection site(s)
- * Fever of 101 F or greater that does not resolve with medication
- * severe pain at the injection site with redness or swelling
- * severe headache

Diabetics: The steroid may increase your blood glucose level. Be sure to monitor your blood sugar closely and manage it with the help of your physician.

Women: It is possible that the steroid may alter your menstrual cycle.

Advanced Pain Medicine, PSC is open Monday - Friday, 8 A.M. - 5 P.M. For emergencies or after hours, call the physician on call at (859) 271-3114. In case of emergency, please go to the nearest emergency room. If for some unforeseen reason you are unable to reach the physician on call, please go to the nearest emergency room.

APM, PSC

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