



## **Post Injection Instructions**

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You have received a spinal injection. You may not experience immediate relief of your symptoms. It takes the steroid 3-7 days to reach full effect. After the numbing medicine wears off, it is normal to have a slight increase in your symptoms for 24 to 48 hours. Use mild pain relievers such as Tylenol, take your prescribed pain medications and use an ice pack or warm moist heat (according to your own preference).

Depending on the exact location of your injection, you may experience numbness and weakness in the affected extremity (arm or leg). If your extremity is weak or numb, do not ambulate until the strength in your leg returns. If you have to walk (home or to the bathroom), have someone assist you. Have someone stay with you until you are able to be up and about. You may resume your regular activities after the numbness wears off. Please resume your regular medications as soon as you get home.

If you received sedation, do not drive, operate machinery, consume alcohol or make important decisions until the day following your procedure. If you have a band-aid at the injection site, please remove it in a few hours.

Do not soak in a tub, pool, or hot tub for 24 hours following the injection.

If you develop any of the following symptoms seek immediate medical attention or call Dr. Reddy:

- Temperature over 101 degrees or any signs of infection at the injection site (red, swollen, hot to the touch)
- Severe pain different from your usual pain that is not relieved by your medication
- Loss of feeling or movement in the affected extremity (after initial numbness wears off).

If you are diabetic, please monitor your blood sugars carefully. Blood sugars may elevate temporarily due to the steroid. If your blood sugar is significantly increased please notify us or your primary care physician for instructions.

### **IN CASE OF EMERGENCY CALL 911**

Please keep your follow-up appointment with the Spine and Nerve Diagnostic Center, or schedule an appointment if you do not already have one. Allow 2 weeks for the report to reach your physician. Please feel free to call us if you have any questions or concerns.