

Coastal Pain & Spine Center

Epidural Steroid Injection Discharge Instructions

Post Procedure Instructions and Information:

Do NOT submerge in water for 24 hours. Use a washcloth with soap and water or take a quick shower to remove any cleaning solution (Iodine, Hibiclens, or Alcohol) used during today's procedure. This will decrease any skin irritation or itching that may occur.

It can be common to have soreness, tenderness, or stiffness at the injection site. This can be normal procedure related discomfort and generally subsides in 24-72 hours. Application of ice for ~15 minutes can decrease any procedure related discomfort. Do not apply ice directly on the skin. The following day, application of heat and gentle stretching can further aid in procedure related pain relief.

It can take a few days, occasionally 1-2 weeks, for max effect for any steroid medication to improve chronic pain symptoms. *Pain relief typically lasts 3-6 months though can be longer for some. We can repeat the injection if pain returns.*

If you have Diabetes, please check your blood glucose (sugar) regularly as steroids, if given during the procedure, can cause it to increase. Contact your primary care doctor or present to the emergency department if it becomes difficult to control.

Unless noted by the physician. It is ok to return to work and normal activities tomorrow. *As pain resolves, participation in physical therapy either in a clinic or as a part of a home exercise program is vital for continued pain improvement and your overall health/wellbeing.*

Signs and symptoms that are NOT normal:

1. High fevers
2. New weakness or numbness that is worsening
3. Inability to control arms or legs
4. Loss of bowel or bladder control
5. Difficulty breathing or speaking
6. Confusion or seizures
7. Increasing redness, drainage, or symptoms of infection at needle entry site

If this should occur you should go to emergency department immediately and notify our clinic

Thank you for allowing Coastal Pain & Spine Center to care for you!
(843)-757-6744