

## Information leaflet

# Now that you've had your spinal injection

### Will it work?

The effect of an injection may be different for each person. For some, it gets rid of their leg pain forever. For others, it can reduce pain for weeks or months. Some patients don't get any noticeable relief. It may take a few weeks for steroid in the injection to work, so please be patient.

### What to expect

Sometimes after the injection your back or leg may feel stiff or numb for a few hours.

Rarely people may have an episode of urinary incontinence. It should soon return to normal.

It is important to gradually return to your normal activities, as you feel able. A follow-up appointment is made for you a few weeks after the injection. It is important to keep a record of your symptoms and pain (see overleaf). This should include the day it was performed and the following weeks. This will be important if you require any further treatment in the future.

### What to do

As your pain improves you will need to start a regular exercise programme. This should focus on strengthening the muscles around the spine, improving your fitness, and allowing normal movements again. This combination of injection and exercise gives the best chance for long term improvement. Reducing excess body weight and stopping smoking are also known to help.

### When you get home

To get the most from your injection, we suggest you:

1. Remain as active as possible
2. Do regular core strengthening exercises and neural stretching exercises
3. Consider joining a Pilates or other similar exercise class
4. Avoid heavy lifting for the first few weeks
5. Avoid sitting for long periods
6. If you are a smoker, consider stopping smoking
7. If you are overweight, aim to reduce excess weight
8. You can drive the day after your injection if your legs feel back to normal and you can make an emergency stop if needed

As the injections begin to take effect we hope you will experience less pain. You can reduce your painkillers as your symptoms improve. You can restart your normal medicines, including blood thinners, the day after your injection.

Please mark your pain with a cross on the scale below.

