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## **Post Injection Instructions**

### **What restriction do I have following my injection?**

No driving or strenuous work the rest of the day otherwise you may resume your normal activities today. Avoid baths, hot tubs, or swimming pools for the next 24 hours (showers are OK). Your leg may also feel numb or “wobbly” for the next several hours. You may continue to take all of your regular medications and may resume any blood thinners you may be taking as previously prescribed.

### **What can I expect following my injection?**

It may take several days to a week or more for the steroid medication to take effect. During the next several days your pain may be the same, decrease, or increase – this is normal. Some other side effects of the steroids include facial flushing, poor sleep, and if you are diabetic you may experience a spike in your blood sugar levels. If you have some increased discomfort following the injection you may use an ice pack wrapped in a towel over the area that was injected for 15-20 minutes at a time several times a day as needed for the next 1-2 days.

### **What is the next step?**

If you don't already have a follow up appointment with your referring physician please call in the next day or two to see about scheduling an appointment (usually about 2-4 weeks following the injection) with the Spine clinic physician who referred you for your injection.

Please fill out your pain log and **BRING IT WITH YOU** to your next appointment.

### **What symptoms should I notify the office about?**

- Severe increase in pain
- Increased weakness > 24 hours
- Severe headache
- Swelling or redness around the injection site(s)
- Fever > 101°
- Loss of control of bowel or bladder