

Webster Surgery Center
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POST EPIDURAL/FACET STEROID INJECTION

PATIENT INSTRUCTIONS

What to expect after the steroid injection:

You may experience some of the following symptoms:

- Moderate local tenderness at the site of injection which usually improves in 2-4 days.
- Temporary numbness in one or both legs.
- Temporary difficult voiding.
- Temporary increased pain:
 - Cervical Epidural Injection:** Increased pain or stiffness in neck, upper back or arm for a few days. Improvement may be noted in the 1st 1-3 days, or may be delayed up to 2 weeks.
 - Lumbar Epidural Injection:** Increased pain or stiffness in the low back or leg for a few days. Improvement may be noted in the 1st 1-3 days, or may be delayed up to 2 weeks.
 - Facet Joint Injection:** Increased pain or stiffness in the back for several days. Improvement may be noted in 3-5 days, or may be delayed up to 2 weeks.

Instructions to remember when you are at home:

- Rest your back and keep your activities to a minimum for 2-3 days. Avoid excessive exercise for at least 1 week.
- Do not drive or operate machinery for at least 12 hours after the procedure.
- Apply an ice pack to the injection site to reduce swelling and pain. Heat may also be applied after 2-3 days. Do not apply ice/heat directly on the skin since extreme temperature may cause skin damage, especially when the skin is numbed.
- Take pain medicine as needed.
- You may shower 24 hours after the procedure.
- You may remove the tape over the injection site after 24 hours or after the bleeding has completely stopped.
- You may resume physical therapy the week following the procedure.
- **Notify Doctor If:**
 - Fever over 101 degrees Fahrenheit
 - Skin rash
 - Uncontrolled nausea
 - Redness or drainage at the injection site
 - Severe pain
 - Numbness or tingling lasting longer than 24 hours.