



Post-Injection Procedure and Post-Anesthesia Instruction & Discharge Sheet

For Epidural Steroid Injections, Peripheral Nerve Blocks, Trigger Point Injections, Joint Injections, and RFA procedures:

- Rest today and do not drive or perform any tasks that require mental alertness for 24 hours.
- If you had an **epidural injection, peripheral nerve block, trigger point injection, or joint injection** that contains steroids, there may be some side effects including:
 - Increased appetite, weight gain & fluid retention
 - Increased blood sugar if diabetic (notify your primary care doctor if it's greater than 250)
 - Irritability, insomnia, anxiety & facial flushing
 - Stomach irritability (notify your primary care doctor if you note black or bloody stools)
- The **injections that contain steroids** may take 3-7 days before they relieve some pain.
- **The RFA procedure** may take as much as 2-4 weeks before you appreciate pain relief. **Please note that we do not routinely use steroids with RFA procedures.** Your physician will tell you if he or she does.
- You may note bruising and tenderness at the site of injection. Use an ice pack at the injection site and/or over the counter acetaminophen as needed.
- You may experience some numbness or weakness in your legs and arms after completion of the procedure due to the use of local anesthetic. The symptoms typically wane after 6-12 hours. If you experience these symptoms and they **persist** past this time, immediately contact your provider.

For Medial Branch Nerve Blocks:

- Your block will last between 6 and 12 hours. **It is important that you engage in activity that normally increases your neck or back pain.**
- Although it is extremely uncommon with medial branch nerve blocks, do not drive or attempt to walk if you are experiencing any weakness or numbness in your legs or arms as a result of the injections. These symptoms typically resolve after 6 to 12 hours.
- Your injection does not contain steroids unless your physician specifically told you that he or she added them.
- You may note bruising and tenderness at the site of injection after the block has worn off. Your usual pain will return and you may notice it feels more intense after the block has worn off. This is normal. Use an ice pack as needed at the injection sites.



- Keep a log of your pain immediately after your injection and for the next 12 hours. Bring it to your follow up appointment.

If you had anesthesia (MAC sedation) for your procedure, the following applies:

- Do not drive or operate heavy machinery for 24 hours
- Do not consume alcohol for 24 hours
- You may experience vertigo or balance problems
- You should not engage in activities that require balance or coordination
- You may resume a “light diet” after your procedure. Do not try to eat “heavy” or high fat and/or protein containing meals 24 hours after your anesthetic as they may make you feel nauseated.

General things to note after your procedure:

- You may shower after your procedure. **Please do not bathe or submerge your body in water for 48 hours after your procedure.**
- You may remove the bandages 24 hours after your procedure.
- **What symptoms should I report to my provider?**
 - Fever, chills, a severe headache which worsens upon standing up, dizziness, blurred vision, persistent nausea and redness or drainage from your injection site.
- **When do I go to the Emergency Room or Call 911?**
 - Fever > 101.3 degrees, loss of bowel or bladder control, severe headache or stiff neck, visual changes, inability to urinate or have a bowel movement, difficulty swallowing or speaking, prolonged numbness, tingling or weakness, shortness of breath and chest pain.
 - Please immediately notify your provider through our **emergency call service at (520) 629-1126** if you go to the Emergency Room.

FOLLOW-UP INSTRUCTIONS

- Please make a follow-up appointment with your provider by calling our office at (520) 742-4008.
- If you cannot keep your follow-up appointment, please call our office in advance.