



ABOUT YOUR PROCEDURE

- A combination of anesthetic and steroid may be used to treat pain caused by sore muscles, irritated nerves, joint problems, etc.
- The location of pain will determine the area to be injected.
- The anesthetic initially numbs the area to reduce pain.
- The steroid reduces inflammation. It is not the type that builds muscles.
- The steroid begins working in three to five days. It may provide long-term reduction of inflammation and pain.
- Some procedures are performed for diagnostic purposes only.

FREQUENCY

- The amount and length of pain relief is different for each person.
- Injections are performed one to two weeks apart in a series of three if each injection continues to provide relief.
- No more than three injections in a specific area will be performed in a six-month period.

BEFORE YOUR PROCEDURE

- You must have a driver to drive you home after the procedure.
- You may not eat solid food six hours before the procedure and no liquids for four hours before the procedure.
- You may be asked to have blood drawn prior to your procedure.
- Talk with your physician if you are taking other steroids, by injection or any other form. If you see another physician, tell them that you have received steroids.
- Some procedures require you to have an IV started for administration of medications. This will be determined by the physician.

DURING THE PROCEDURE

- The area to be injected will be cleansed with an antiseptic solution.
- The physician will locate the tender area to be injected.
- The physician may use a nerve stimulator and/or x-ray to assist in location if a nerve is involved.
- The physician will then inject the area.

AFTER THE PROCEDURE

- You may spend 15 to 60 minutes resting quietly before you leave.
- You may experience these conditions lasting four to six hours:
 - Numbness, tingling, or weakness at the area injected and/or in your extremities.
 - A decrease in your blood pressure causing dizziness.
- The injection site may be sore for one or two days. You may develop a bruise at the injection site.

COMPLICATIONS

- Seizures are very rare and will be appropriately treated by your physician.
- Complications related to the procedure are rare. They may include the following: dizziness, increased pain, bleeding, nausea/vomiting, headache, diarrhea or infection. If any of these symptoms persist for more than 24 hours, notify your physician.
- If you have diabetes, steroids may cause a three to five day increase in your blood sugar. Ask your physician if you have questions about controlling your blood sugar.
- If you experience blood tinged sputum or shortness of breath, you should proceed to the nearest emergency room and ask that they perform a chest x-ray. Take this brochure with you.

CARE FOLLOWING YOUR PROCEDURE

- Rest the day of your procedure. Avoid vigorous exercise or activity. You may resume your normal activities the following day. If you have questions about your activities, ask your physician or a nurse.
- For some procedures you may attend physical therapy immediately following your injection.
- Do not drive for at least 12 hours after the procedure.
- You may use an ice pack on the injection site for 20 minutes, three or four times during the first 24 hours.
- Continue to take your usual medications, and resume your regular diet, unless instructed otherwise.
- Watch your injection site for signs of infection. Call your physician if any of the following occur:
 - You have a fever (a temperature higher than 100.4 degrees Fahrenheit or 38 degrees Celsius).
 - Your injection site becomes red, swollen, tender, or warm.
 - Fluid drains from the injection site.
 - The injection site has an odor.
- Remove the band-aid after 24 hours. You may then shower. Do not soak your injection site in water for 48 hours.
- If you have received sedation, do not drink alcohol or make important decisions for at least 12 hours after the procedure.
- If you develop a headache that is worse when standing, drink plenty of fluids, preferably eight to ten glasses of water and three drinks with caffeine.