



## Discharge Instructions

### 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.
- The steroid may take up to two to three days before pain relief is experienced.

### Diet:

- Resume your regular diet, unless otherwise instructed.

### Procedure site care:

- Watch your injection site for signs of infection. Call your physician if any of the following occur:
  - You have a fever (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 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.

### Complications:

- Complications related to the procedure are rare. They may include the following: dizziness, increased pain, bleeding, nausea/vomiting, headache, diarrhea or infection with very rare cases of reported paralysis and death. If any of these symptoms persist for more than 24 hours, notify your physician.
- Although not common, you may have increased pain of the effected extremity for two to three days following the procedure.
- If you have diabetes, steroids may cause a three to five day increase in 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.