



Epidural Steroid Injection Discharge Instructions

Tel: 571-732-0044

1. You may resume normal non-vigorous activity after receiving this treatment unless otherwise instructed by your treating physician.
2. You may operate a vehicle after this treatment unless otherwise instructed by your treating physician.
3. You may shower or bathe after this treatment without restriction.
4. When the local anesthetic (numbing medicine) wears off, you may experience pain at the treatment site for 24-48 hours. Cold or warm compresses may ease the discomfort. Cold compresses are generally best during the first 24 hours. You may take acetaminophen for this if necessary.
5. The steroid treatment may irritate the nerve roots causing an increase in your typical pain symptoms for up to 24 hours. You may continue to take the pain medication that you have been using for this discomfort.
6. It may take 48-72 hours to receive benefit from this treatment due to the anti-inflammatory action of the medication.
7. If your pain is significantly worse after this treatment or you experience new areas of numbness, please notify your treating physician.
8. When your back or extremity pain improves, please do not overexert yourself. For the first 2-3 days following the treatment you should avoid heavy lifting and excessive movement or activity. You may gradually increase your activities as prescribed by your referring doctor. Do not start any new exercise programs until one week after the last injection of the series.
9. We recommend that your epidural treatments be performed at 7–14-day intervals. It is best to avoid long intervals between treatments if possible.
10. Call your physician through the office at 571-732-0044 for any questions or concerns.
11. If you need to change or cancel an appointment, please notify our office as soon as possible so that other patients may take advantage of this opportunity.
12. Additional instructions:

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS

Signature of Witness/Date

Signature of Patient/Responsible Adult