



## Epidural Injections *Post-operative Instructions*

Patient Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_  
Surgeon: \_\_\_\_\_ Facility: \_\_\_\_\_

Thank you for choosing S.P.I.N.E. Center Chesterfield.

You have received an Epidural Steroid injection, a procedure commonly performed to alleviate shooting leg pain. A small quantity of local anesthetic, with or without a steroid, was administered near the nerve root. This procedure aids in pain relief and also provides diagnostic value by confirming the pain source at that specific level.



### Pain Diary

You may be asked to fill out a **pain diary** to track your level of relief at specific intervals after the injection. Be as specific and accurate as possible—it is a key tool for your care team to determine whether this treatment is effective.

### Post-Procedure Instructions: Epidural Steroid Injection

Today (the day of your injection)

- **Have someone drive you home** if you received any sedation or feel weak/dizzy/numb.
- **Rest for the remainder of the day.** Light walking is fine.
- **Do not drive, drink alcohol** , or **make important decisions** for 24 hours if you received sedation.

- **Keep the injection site clean and dry.** You may remove the bandage later today.

What you may feel (this is common)

- **Temporary numbness/heaviness** in the legs/arms (depending on injection level) for a few hours.
- **Soreness at the injection site** for 1–3 days.
- A **“flare” of pain** for 24–48 hours before improvement.
- **Relief may take time:** some patients improve in 2–5 days; for others, it may take 1–2 weeks.

Activity

- **First 24 hours** (Day 0–1)
- Avoid strenuous activity, heavy lifting, and high-impact exercise.
- You may return to desk work the next day if you feel well.
- **After 24–48 hours** (Day 1–2)
- Gradually return to normal activity as tolerated.
- Continue physical therapy/home exercises if prescribed, unless you were told otherwise.

Ice/heat



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### *Post-operative Instructions*

- ❄️ Use **ice** over the injection site for soreness: **15–20 minutes at a time**, up to 3–4×/day for the first 24–48 hours.
- 🚫🔥 Avoid heat directly over the injection site on the first day.
- ✅🔥 After 24 hours, heat may be used if it helps.
- 🌡️🩸 Fever > **100.4°F (38°C)** or chills 🤒
- 🚫🔴 Increasing redness/warmth/swelling, drainage, or severe tenderness at the injection site
- 🤯 Severe headache that is worse when sitting/standing ⬆️ and improves when lying down ⬇️
- 🧠⚠️ New or worsening weakness/numbness or difficulty walking that does not improve after the numbing medicine should have worn off

#### Medications 💊

- ✅ Resume your usual medications unless you were told otherwise.
- 🟦 **Pain control:** Acetaminophen (Tylenol) or your usual pain medication may be used.
- ⚠️🩸 **Blood thinners:** if you were instructed to hold aspirin/Plavix/Eliquis/Xarelto/warfarin, follow the specific restart instructions provided by our team.
- 🩸⚠️ **Diabetes:** steroid medication may temporarily raise blood sugar for several days. Monitor closely and contact your prescribing doctor if readings stay high.
- 🚽⚠️ New bowel or bladder control problems
- 🔴 Severe pain not controlled with your usual medications

#### Go to the ER or call 911 immediately 🚑

- 🩸⚠️ Trouble breathing, chest pain, facial swelling, or hives (possible allergic reaction)
- 🚫🩸 Sudden, significant weakness, loss of sensation, or inability to urinate

#### Follow-up 📅

- ✅ Keep your follow-up appointment as scheduled.
- 📞 If you do not have a follow-up visit scheduled, please call our office to arrange one.

#### Bathing / wound care 🚿🧼

- ✅ You may **shower the next day**.
- 🚫🛁 Avoid soaking in a bath, hot tub, or pool for **24 hours**.

When to call our office 📞  
Call us if you have:



# Epidural Injections

## Post-operative Instructions



A follow-up visit is typically scheduled **within 1–2 weeks** to evaluate your pain relief and discuss next steps, such as possible Radio-Frequency Ablation if the block was successful.

If you have not received confirmation of your follow-up, please contact the office.

- **Hydration & Rest:** Drink plenty of fluids and get adequate rest after the procedure.
- **Avoid Smoking:** Nicotine may affect pain levels and delay healing.
- **Safe Environment:** Use supportive footwear and take caution to prevent falls while sedated or if you experience leg weakness.

### I. Additional Tips



**Aftercare Support**

### Patient Support & Contact

☎ Office Phone: 314-557-3472

✉ Email: [mgmt@onlinespinecare.com](mailto:mgmt@onlinespinecare.com)

This instruction sheet is for patients of the **S.P.I.N.E. Center in Chesterfield** following an epidural steroid injection. It does not replace individualized medical advice. Always follow instructions provided by your physician.

### Acknowledgment

I and/or a representative have received and understand the above discharge/post-operative instructions. I understand the importance of following them for safety and recovery.

I ----- and/or a representative have received a copy of the above discharge/post-operative instructions. I understand the importance of following these guidelines and have had the opportunity to ask questions.

**Patient/Representative Signature:** \_\_\_\_\_

**Witness:** \_\_\_\_\_