



Post Injection Instructions:

On the day of the injection, there are no particular restrictions that you need to observe, however we recommend that you to take it easy and avoid strenuous activity. If you had an epidural or other injection where local anesthetic was placed near nerves, be careful for two to three hours after the procedure as the anesthetic may cause minor changes in coordination until it wears off.

Expected/Possible reactions:

Soreness at the injection site is common and we recommend icing the area for the next one to two days as needed. Slight redness, itching, or flaking of the skin can occur at the injection site if cold spray was used. If steroid was used- facial redness and short term insomnia may occur. Steroid can also cause a temporary increase in your blood sugar.

Please contact the office if you have any of the following within the first week of the procedure:

1. Progressively increasing pain
2. Fever or chills
3. Any swelling, redness or warmth at the injection site

Follow up:

Our hope is to achieve 50% or greater overall improvement in functional pain at this time. If your symptoms remain the same or worsen over the next week following today's procedure, there may be another procedure that can help.

*Please try to keep track of any reduction in pain and the duration of pain relief, even if short term, as this can help in treatment planning.*

If you have a significant reduction in your pain, continue to increase your activities as tolerated. If you have an appointment for another injection but feel you are doing well enough, you may call to cancel or post-pone that appointment. If you haven't been scheduled for another appointment and your pain persists or recurs, please call and we can set you up for re-evaluation or repeat injection therapy.