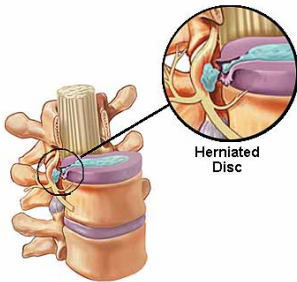


PROCEDURE:

Epidural steroid injections have become a mainstay in the treatment of pinched nerves, herniated discs, and for pain. Epidural steroid injections can be performed at the cervical, thoracic, lumbar, and even sacral region of the spine. It involves injecting an anti-inflammatory around the nerves in the spine. Epidural steroid injections can be very effective in reducing pain and often the numbness and weakness associated with nerve irritation. It is a more conservative approach than surgical intervention. An epidural steroid injection is generally successful in relieving pain for approximately 50% of patients. If there is some improvement in back or leg pain one to two additional epidural steroid injections are performed.



AFTER YOUR INJECTION:

You may experience soreness and tenderness at the area of your treatment. Your pain may go away immediately with a slight increase in your pain later today, lasting for several days as the numbing medicine wears off. The corticosteroid may not begin to provide improvement for 3-5 days. There may be a time after the local anesthetic wears off, and before the corticosteroid takes effect, that you may actually feel like you have more pain. It is important to understand the difference between ***normal*** discomfort and a complication related to the procedure. Serious complications from these procedures are **extremely rare**.

SYMPTOMS COMMONLY EXPERIENCED:

- Soreness at the injection site for the next 2-4 days
- Increased discomfort for several days in the area of the injection
- Increased stiffness or muscle spasm when bending

IF YOU RECEIVED A CORTICOSTEROID:

Although uncommon, you may experience sweating, flushing or redness of the face and chest, increased heart rate, insomnia, anxiety, headache, upset stomach, frequency of urination, slight fever and flu-like symptoms, and minor swelling/fluid retention (decrease your salt intake and increase your fluids to 6 glasses a day).

THINGS YOU CAN DO:

- Day of injection: limit activity and REST
- Second day: return to regular activities; when pain improved, start your regular exercises
- Use an ice pack – usually more helpful than heat
- Avoid activities that aggravate your pain
- Take Tylenol or other pain medications you may have
- Take a warm bath

GO TO THE EMERGENCY ROOM: (by ambulance or by another driver as these symptoms require evaluation)

- Inability to feel or move your legs
 - Seizure
 - Difficulty breathing or speaking
 - High fevers (greater than 101°F)
 - Loss of bowel or bladder control
- **If you have specific questions regarding your discharge instructions contact Southern New Mexico Surgery Center between the hours of 8 am – 5 pm Monday-Thursday at (575) 437-0890 and ask to speak to a nurse.**
 - **If you have questions or problems with your prescriptions or surgical procedure please call the physician office.**
 - **After hour care is handled by the ordering physician office. One of our doctors is on call 24 hours a day. If you have an emergency or need immediate medical treatment go to the emergency room or call 911.**

PATIENT COPY

PATIENT LABEL