



Post Procedure Instructions for Lumbar Epidural Steroid Injection

1. On the day of the Lumbar Epidural Steroid Injection Procedure, following hospital discharge, it is advised you rest for the remainder of the day and have a person stay with you for the remainder of the day.
2. You are restricted from driving any automobile or any motorized /mechanized vehicle and from operating any heavy machinery of any type for the remainder of the day of the procedure.
3. It is not unusual to experience some numbness and weakness in one or both of your legs related to the local anesthetic injected during the procedure. When this anesthetic wears off in 3-6 hours after the procedure there may be a return of pain present prior to the procedure.
4. It is not unusual for there to be a transient increase in pain/numbness in the legs due to the pressure of the volume of fluid injected during the procedure; this should resolve over 24-48 hours.
5. It is not unusual for patient with Diabetes to experience an increase in their blood sugar level after the steroid injection. This usually resolves over 24-48 hours after the procedure. Diabetic patients are instructed to check their blood sugar every 2 hours for the first 12 hours after the procedure and every 4 hours for the next 12 hours. Elevations not controlled by the patient's usual diabetic regiment should be reported to the patient's Primary Care Physician, or if the PCP is not available, the patient should go the Emergency Room for evaluation.
6. If the Dura is perforated during the procedure this may result in spinal headache. If you experience a headache you should notify the doctor. Should this occur, the first treatment would be to remain in a flat position for 24-48 hours after the procedure. If lying flat does not resolve the headache, a blood patch procedure might be advised, and this would be performed in an outpatient setting by an anesthesiologist.
7. On the day following the procedure, if there is no headache, increased pain or numbness you may resume your normal activities.
8. If needed you may continue pain medication prescribed prior to the injection procedure.
9. It is advised to **immediately report** the following by phoning Comprehensive Spine Institute at 423-541-5990:
 - Severe pain or numbness, increased weakness following the procedure that was not present prior to the procedure.
 - Fever greater than 101.5 degrees F by mouth within 5 days of the injection.
 - Increased redness, warmth, swelling or hardness around the injection site.
 - Headache.