



Epidural Steroid Injection Discharge Instructions

Summary of Procedure: A combination of a short-acting anesthetic and a long-acting corticosteroid was injected to reduce inflammation and irritation of nerves in the epidural space. This can alleviate pain, numbness, or tingling in the lower back, legs, or feet.

Following the Procedure:

- **Temporary Relief:** You may experience temporary pain relief from the anesthetic for the next 4-6 hours. The steroid may take an additional 3-7 days to achieve its full effect.
- **Numbness or Weakness:** Transient numbness or leg weakness may occur. Take extra care when walking, climbing stairs, and negotiating curbs to reduce the risk of falling. Do not drive or operate machinery for the remainder of the day.
- **Activity Restrictions:** Avoid heavy lifting or strenuous activity for the next 24-48 hours.
- **Injection Site Care:** If there is soreness at the injection site, a cold compress or ice pack applied for a few minutes may help. Slight bruising or tenderness is normal. You may remove the dressing/band-aid from the site in 24 hours.
- **Medication and Diet:** Resume your usual medications as previously prescribed and continue your normal diet.
- **Diabetes Management:** If you have diabetes, you may notice increased fluctuations in your blood sugar readings over the next several days. Contact your primary care physician or diabetes specialist with any questions regarding your blood sugar.

When to Contact Us or Your Physician:

- Fever greater than 101 degrees Fahrenheit
- Persistent, severe headache
- Excessive redness, warmth, or discharge at the injection site
- Neck stiffness

Emergency: If you are experiencing a medical emergency, please go to the nearest emergency room immediately. For any concerns or questions, please contact Vitruvian Health at (616) 841-2615 or your primary care physician. Your health and safety are our top priorities.

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