

Center for Physical Medicine and Rehabilitation

Post-Procedure Instructions

PROCEDURE PERFORMED:

Transforaminal Epidural Steroid Injection	Medial Branch Block	Coccygeal Injection
Caudal Epidural Steroid Injection	Sacroiliac Injection	Hip/Bursa Injection
Interlinear Epidural Steroid Injection	Radio Frequency Ablation	Genicular Block

ACTIVITY:

Do not drive for 6-8 hours, if your legs or feet feel weak or numb.

In the event you had oral sedation (Valium) do not drive for 24 hours.

You may perform moderate exercise (leisurely walking or stretching) today. Resume other activity **AFTER** 2 days.

No heavy lifting (greater than 5 lbs.) for 2 days.

Avoid twisting and bending movements (no workouts, heavy household duties, golf, etc.) for 2 days.

COMFORT MEASURES:

You may take your usual medications.

You may apply ice to the injection area for twenty minutes at a time every 1-2 hours. Do not place a heating pad to the area for the first 24 hours.

No baths, hot tubs, or swimming for 12 hours. You may shower.

EXPECTED EFFECTS:

You may experience facial flushing from the steroid injection (cortisone medication), sleeplessness, or a restless feeling. These symptoms can last 1-4 days and are quite normal.

You may experience an increase in pain the day following your procedure. Steroid medication can take several days to start working. It may take this long to feel a decrease in your pain. Do not become discouraged if the pain takes several days to subside. If your test was a diagnostic test, you may not have lasting pain relief.

COMPLICATIONS TO WATCH FOR:

Numbness, imminent severe weakness, or tingling in the arms or legs lasting for a prolonged period.

Fever or temperature above 101. Nausea, new or unusual headache or neck stiffness. Loss of bladder or bowel control.

If you are experiencing an emergency AFTER business hours, please call Dr. Engel at 248-546-3194

Please initial once you have reviewed these instructions and understand the information given _____