

# Covenant Spine and Neurology, PLLC

## Post-Procedure Instructions

Post Procedure Instructions for:

- Epidural Steroid Injections
- Cervical, Thoracic, Lumbar or Caudal
- Transforaminal Epidural Steroid Injections
- Facet Joint Injections
- Medical Branch Blocks

Following your procedure, please follow these instructions:

1. An ice pack placed on the injection site for 20 minutes on, then 20 minutes off may be helpful. You may shower. Have a quiet day and evening and do not do anything you would not ordinarily do.
2. Remove band-aid from injection site when bleeding stops. (Leave on no longer than 24 hours as the adhesive may cause skin irritation.)
3. Common side effects from steroid injections include:
  - a. Flushing or feeling of warmth
  - b. Increased water retention
  - c. Leg cramps
  - d. Increased in appetite
  - e. Increase in blood glucose levels. Note: If you are a diabetic, you should monitor your blood sugar levels closely.

\*These side effects are to be expected and should not be cause for concern.

If you experience any of the following symptoms within 48 hours after today's procedure, please call the office at 336-761-4020.

- Redness, swelling, and/or drainage at the injection site
- Fever greater than 100.4 and/or chills
- Severe headache
- An increase in numbness and tingling in arms or legs
- Weakness in arms or legs
- New difficulty controlling bowel or bladder function

**\*If you experience shortness of breath, rash on other parts of the body, swelling of the throat/difficulty swallowing please activate the emergency medical system/call 911.**