



DR. PAU'S EPIDURAL STEROID INJECTION DISCHARGE INSTRUCTIONS

There may be slight bruising or tenderness at the injection site. It should improve over the next couple of days, please inform your physician if it does not improve. You may feel numbness, tingling, and/or weakness after the procedure. Notify your physician if this persists for more than 12 hours.

If you were sedated, we request that you do not make decisions that require your full attention for 24-48 hours after the procedure. Since the medication you received may alter your mentation, sensation, strength, and reflexes, you may not drive yourself home or operate machinery for _____ hours.

Continue your usual diet. If you have diabetes, check your glucose levels more frequently in the next 2-3 days. You may notice unusual fluctuations in your blood sugar levels. If you do so, please contact your primary care physician. If you have high blood pressure, you may notice an increase in blood pressure or fluid retention. Please report this to your primary care physician.

Rest for 24 hours following your procedure. You may begin to gradually resume usual activities after this time period. Be sure to continue any precautions previously given to you, such as avoid heavy lifting or bending.

Continue your previous medications. New medications with dose and frequency are listed below.

Call Dr. Pau's office on Thursday following your procedure for a follow-up appointment.

CALL THE PAIN CENTER OF KANSAS, 785-235-9100, IF ANY OF THE FOLLOWING OCCUR:

1. Fever greater than 101.4 Fahrenheit
2. Increased pain persisting over 1-2 weeks
3. Shortness of breath, dizziness, or pain in your chest
4. Difficulty swallowing or difficulty breathing
5. Prolonged numbness, weakness, or tingling
6. Prolonged hiccups
7. Severe headaches or stiff neck
8. Inability to move
9. Inability to urinate or to have a bowel movement
10. Bowel or bladder incontinence
11. Strange or unusual symptoms (visual changes, difficulty speaking, etc)
12. Continued, excessive, or increasing swelling or bruising to the needle site.
13. Signs of infection, such as redness, swelling, drainage, or warmth around the needle site

If you cannot get in contact with The Pain Center of Kansas, or if you cannot wait for a physician to return your call, GO TO THE NEAREST EMERGENCY ROOM. If you cannot get to an emergency room, dial 911.

If you have pain, apply ice to the site of the needle puncture for 20 minutes every 4-6 hours as needed.

You may shower, however, do NOT soak or bathe for 24 hours. Leave the band-aid on for 12 hours.

In the event of a headache after an epidural steroid injection, drink plenty of caffeinated beverages the first day after your procedure. Coffee, tea, and colas all contain caffeine. If you have not had an epidural steroid injection, you do not need to drink plenty of caffeinated beverages.

X _____
PATIENT/PATIENT FAMILY MEMBER
Effect. 03-06
09-06

X _____
REGISTERED NURSE