

# DISCHARGE INSTRUCTIONS

## PROCEDURE

Epidural Steroid Injection  
Facet Joint Injection  
Selective Nerve Root Block  
Sympathetic Block  
Sacroiliac Joint Injection  
Neurolytic Block  
Radiofrequency Lesion

## MEDICATIONS GIVEN

Lidocaine  
Bupivacaine  
Depomedrol  
Dexamethasone  
Clonidine  
Dehydrated Alcohol  
Versed  
Fentanyl

## ACTIVITY:

Do not drive for 6 - 8 hours if your legs or feet feel weak or numb or if you were medicated with a sedative or a narcotic

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.

Remove the dressing or Band-Aid after 4 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 for 1 - 4 days and are quite normal.

You may experience an increase in pain the day following your procedure. Steroid medication can take 1 to 3 days start working. It may take this long to feel a decrease in your pain. Do not become discouraged if the pain takes 3 days to subside.

If your test was a diagnostic test, you may not have lasting pain relief.

## COMPLICATIONS TO WATCH FOR:

Numbness, weakness, or tingling in the arms or legs lasting for more than 24 hours

Fever or temperature greater than 101. If you feel hot, take your temperature.

Nausea, new or unusual headache or neck stiffness.

Difficulty urinating or holding your urine.

Bleeding or drainage from the injection site (more than 1/2 teaspoon).

Unusual swelling or redness around the injection site.

For difficulty breathing or chest pain with breathing. Call 911, as it may be a reaction to the medications given.

## FOR PROBLEMS:

For problems or questions following your procedure call Dr. Benson's office at (805) 682-5520.

If you call after regular business hours or on weekends, a message will instruct you how to reach one of our on-call physicians.

## FOLLOW-UP APPOINTMENTS:

To schedule follow-up appointments, call Dr. Benson's office at (805) 682-5520.