

Fredericksburg Orthopaedic Associates, PC

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VISA, a Division of FOA



VIRGINIA INTERVENTIONAL
SPINE ASSOCIATES

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Education

Post Procedure Instructions

Today you received an injection and you may have been given a steroid anti-inflammatory medication which can reduce inflammation, swelling and pain as well as promote healing. Your injection may have also included a local anesthetic which blocks pain perception.

In some cases, the benefits of an injection may not be immediately apparent. In fact, in some cases, the pain can become slightly worse immediately following the procedure. It may take 3-5 days to notice any relief because it does take some time for the steroid to work.

Possible temporary side effects of steroid injections have been known to include weight gain, menstrual irregularities, increase in blood sugar, anxiety, agitation, fluid retention, sleep disturbance, increased appetite, elevated blood pressure, epidural headache, rash and acne.

Please observe the following:

- 1) Do not drive or operate machinery for the next 12 hours
- 2) Do not engage in strenuous activity for 24 hours
- 3) You may resume your usual diet
- 4) Keep your band-aid dressing clean and dry for 24 hours (no shower or tub bath for 24 hours)
- 5) You may experience soreness at the injection site(s)-this is normal for the next 2-3 days and you may apply an ice pack (20 minutes on and 20 minutes off)-do not use heat for the next 24 hours
- 6) You may resume all of your usual medications to include prescription and over-the-counter medications unless instructed below
- 7) Restart the following medications as listed: Medication _____ Date to restart _____ Time to restart _____
- 8) **Diabetic Instructions:** If you are diabetic and received a steroid today, your blood sugar may be elevated for the next few days, be sure to check your blood sugar at least twice a day for the next 5-7 days and contact your primary care physician or the physician managing your diabetes if your blood sugar is elevated. Be sure to let them know you received a steroid injection

Call our office immediately or go to the nearest Emergency Room if you develop any of the following:

- 1) Any *new, unrelieved* pain
- 2) Any *new* or increased numbness, weakness or tingling in the extremities
- 3) Any signs of infection such as redness, fever, swelling, chills or drainage at the injection site(s)
- 4) A severe headache that does not subside with usual measures
- 5) Loss of control of your bladder or bowels
- 6) Shortness of breath
- 7) Any other problem you feel may be related to this procedure

****You may contact our office at 540-374-3233 Monday-Friday from 8:00am-4:30pm****

If you would like to have access to our FollowMyHealth patient portal where you can send messages directly to your provider, the nursing staff, the reception staff to make or cancel appointments or to our insurance representative, please complete a portal request form at the front desk in our office or send us a message through the "contact us" form on our website at www.visarelievespain.com. We will need your name, date of birth and email where you would like the portal invitation sent.

****A copy of this document was printed and provided to the patient at discharge****