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## **POST-PROCEDURE INSTRUCTIONS**

Anti-coagulants (blood-thinning medications) may be restarted the day after your procedure.

### Activity

- Do not drive or operate heavy machinery if your legs or feet feel weak or numb
- You may perform moderate exercise (leisurely walking or stretching), but do not perform strenuous exercise or excessive activity for two days (48 hours)
- No heavy lifting (greater than 10 pounds) for two days (48 hours)

### Comfort Measures

- You may take your prescribed pain medications. If you are not prescribed any pain medicines, you may take ibuprofen, 600mg every 6 hours for soreness
- You may apply ice to the injection area for 20 minutes every hour for the first 24 hours. After 24 hours, you may use a heating pad
- No baths, hot tubs or swimming for 24 hours. You may shower however.

### Expected Effects

- Steroids may cause facial flushing, sleeplessness, or a restless feeling. These are *expected* side effects and may last up to four days
- Steroids may require 2-3 days (48-72 hours) to take effect. You may not experience relief from your pain during this time, so don't become discouraged
- Steroids may cause high blood pressure or high blood sugar. If you have hypertension or diabetes, please monitor these conditions closely

### Complications to watch for

- Any signs of infection, including redness, drainage, swelling or temperature greater than 101 degrees
- New numbness or weakness in the arms or legs lasting for more than 12 hours
- Nausea, new or unusual headache or neck stiffness.
- Inability to urinate or loss of bowel control
- Continued bleeding from the injection site
- Difficulty breathing, chest pain or changes in awareness

If you have any questions or concerns, please call (919) 439-7867. If you are experiencing a medical emergency, please call 911 or go to your closest emergency room.