

Spinal Injection Aftercare Instructions

The day of the procedure

- Avoid strenuous exercise for the whole day.
- Drink plenty of fluids.
- Resume all regular medications.
- Pain or soreness at the injection site is typical and may require pain relieving medication such as Tylenol or Advil, or other medication prescribed by your doctor.
- You may apply ice pack, 15 minutes on, 15 minutes off, for relief of post procedure discomfort 3-4 times per day as needed. Ice packs are available at the Institute free of charge.
- If you are having a nerve root block or RFA, you will need someone who can drive you home since you may experience temporary weakness in your affected leg due to the anesthetic effect, typically lasting around six hours.

The first week after the procedure

- The benefit of the steroid anti-inflammatory medicine usually begins 18-48 hours after the injection, but may take up to a week to develop.
- Typical side effects of the steroid medicine include temporary increased discomfort, facial flushing, restlessness, headache, and sleep disturbance. These should completely resolve without any consequences and are no cause for alarm.
- Other possible adverse effects include fainting, allergic reaction, decrease in blood pressure and inadvertent spinal tap. These occur in approximately 1% of the time and may require further additional treatment.
- Serious complications are very rare. Please let us know if you develop a high temperature (fever), confirmed by a temperature reading, or you experience drainage or redness over the area injected.
- The small dose of steroids used for spinal injections rarely cause any disturbance to your metabolism or hormonal balance, but can potentially disrupt the menstrual cycle briefly, or worsen anxiety and depression. These types of effects are much more common with long-term oral steroid usage.