

Selective Nerve Root Block Injection & Transforaminal Epidural Injection Discharge Instructions

Activity and Diet

- **Activity:** Remain relatively conservative in the things you do today
 - **Diet:** You may resume your normal diet
 - **Medications:** You may resume your normal medication unless otherwise instructed by the Pain Clinic Physician
 - ◆ If your physician has ordered a prescription for you, take the medication as ordered. **Remember:** Pain medications require 45 minutes to reach their full affect. Pain medications may also make you dizzy or drowsy. **DO NOT DRINK ALCOHOL OR OPERATE MACHINERY WHILE YOU ARE TAKING PAIN MEDICATION.**
 - **Smoking:** It is strongly recommended that you **refrain from smoking**. Smoking may reverse the effects of the procedure and worsen symptoms.
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- Dressing:** A small Band-Aid has been placed on the injection site - which should be kept dry and removed the next day.
 - Discomfort at injection site:** Try applying ice wrapped in a washcloth for short periods of time (i.e. 20 minutes every 2 hours) during the first 24 hours and then try mild heat.
 - IV Site:** There may be soreness and bruising around the IV site which will go away in a few days. A warm moist cloth put over the area for half-hour periods several times daily will sometimes help. Increased tenderness or red streaking on the area above the needle puncture requires attention and you should call us if this occurs.
 - Side Effects:** Possible side effects of the steroid medication include facial flushing, insomnia, occasional low-grade fever, headaches, increased heart rate, and abdominal cramping or bloating. Diabetics may see a rise in blood sugar levels. These side effects are bothersome in only about 5% of patients and commonly disappear within 1 – 3 days after the injection.

OVER

- **Return to Normal:** You may experience numbness and / or relief from your symptoms for up to six hours after the injection. Your usual symptoms may then return and may possibly be worse than usual for a day or two. You should be able to return to work the next day.
 - You should get some numbness that follows the path of the nerve that was blocked, as well as some weakness. Because of these side effects, you will need to be cautious while walking / or using your arm. One minute you may be fine and the next minute your leg / arm will give out.
 - You may also have increased pain for a few days after the injection, including localized pain at the injection.

- **Sedation:** Refrain from doing any of the following for at least 24 hours:
 - Operating motor vehicles or dangerous machinery
 - Making any important decisions. (Such as signing important papers)
 - Consuming alcohol, sedatives or stimulants for 24 hours.

- **Report any of the following to your physician:**
 - Severe back pain
 - New numbness or weakness of your legs
 - Signs of infection in the area of the injection