SpinePain SOLUTIONS

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SpinePainSolutions.com

Post-Procedure Instructions: Therapeutic Injections

After your procedure

SpinePain Solutions · Patient handout

Follow any specific instructions your care team gives you. These instructions do not replace advice from Dr. Sharma or your SpinePain Solutions care team. Follow any personalized instructions you were given at discharge. If something on this sheet conflicts with what you were told, follow your care team's directions and call the office.

Call 911 or go to the nearest emergency room if you have:

- Chest pain, trouble breathing, or coughing up blood.
- New or worsening weakness in your arms or legs, or you cannot walk or stand (after the numbing medicine has worn off).
- New trouble controlling your bladder or bowels, or new numbness in the groin, buttocks, or inner thighs.
- Confusion, fainting, or a sudden, severe headache.
- Bleeding from the injection site that does not stop after 10 minutes of firm pressure.

Call the office right away at 631-310-0000 if you have:

- A temperature of 100.4°F (38°C) or higher, or shaking chills.
- Redness, warmth, or swelling around the injection site that is getting worse, or drainage that is cloudy, yellow-green, or bad-smelling.
- Clear, watery fluid leaking from the injection site, or a headache that gets worse when you sit or stand up and better when you lie down.
- Pain that keeps getting worse, new sudden severe back pain, or pain that your medicine does not control.
- Pain, swelling, or redness in one calf or leg.
- New tingling or numbness that is spreading.

If you cannot reach the office and you are worried, go to the nearest emergency room.

What was done

You had a therapeutic injection. This may have been an epidural steroid injection, a facet joint injection, an SI (sacroiliac) joint injection, or a trigger point injection. These injections are meant to reduce pain and inflammation. They are not the same as a diagnostic nerve-block test. Numbing medicine may also have been used. A steroid is common for epidural, facet, and SI injections. It is not used in every trigger point injection.

What to expect in the first 24-48 hours

- Temporary relief, numbness, heaviness, or weakness from the numbing medicine may occur in the first several hours. This is not necessarily the steroid result. Numbing medicine usually wears off within hours.
- Soreness at the injection site is common. Your usual pain may return, or flare for a short time, in the first 1 to 3 days. The numbing medicine may have worn off before a steroid has time to help. A short flare does not automatically mean the injection failed.
- If a steroid was used, it may take several days to work, when it helps. Some people notice improvement within several days. Others improve slowly over 1 to 2 weeks. Same-day relief does not prove the steroid has worked. Lack of same-day relief does not prove the injection failed.
- A steroid may cause flushing or trouble sleeping for a short time. It can also raise blood sugar. If you have diabetes and a steroid was used, check blood sugar more often.
- If you had a trigger point injection, some soreness for 24 to 48 hours is common. Some people feel improvement quickly from the numbing medicine. Others notice gradual improvement over several days.
- If you received sedation, you may feel tired or unsteady. A responsible adult should take you home.

Activity and lifting

Plan a quieter day. Avoid strenuous exercise until your team says it is safe.

Many people resume light activity the same day or the next day. The right limit may differ based on the type of injection, the spinal region, sedation, and your other health issues.

If you had a trigger point injection, stretch gently if you were told to. Avoid heavy exercise for 24 hours if you are sore. Resume physical therapy or home exercise when appropriate.

Heavier work and strenuous exercise wait until your team says they are safe.

Dressing and bathing

Follow any bathing or dressing instructions you were given at discharge.

You may usually take off a small bandage the evening of the procedure or the next morning, then shower. Pat the site dry. Do not scrub it. No baths, pools, or hot tubs until the skin has closed, often about 24 hours, or until your team says it is safe. Do not put lotion, cream, or ointment on the site unless you were told to.

Medicines, ice and heat

Continue your usual home medicines unless you were told to hold something. Do not stop a blood thinner on your own. Restart blood thinners only as directed by your provider.

For soreness, acetaminophen (Tylenol) or an anti-inflammatory may be used if it is safe for you - ask if you are unsure. Take any prescribed pain medicine exactly as directed.

If you had a trigger point injection, you may use heat or ice depending on soreness. If you had an epidural, facet, or SI injection, ice 15 to 20 minutes at a time, with a thin cloth between the ice and your skin, and avoid heat on the injection site for the first 2 days unless your discharge sheet says otherwise.

Driving and work

If you received sedation (including Versed or MAC with propofol), a designated driver should take you home. Do not drive yourself that day. Do not operate heavy machinery or make important legal decisions the rest of that day.

Do not drive after sedation or while numbness, weakness, or slowed reaction time is still present. Even if only numbing medicine was planned, follow the written discharge plan. Many injection suites still require a driver.

Light or desk activity often fits with "light activity the same day or the next day," which is published for epidural and trigger point injections. Confirm timing with your provider based on your job.

Follow-up

Call SpinePain Solutions at **631-310-0000** if you do not already have a follow-up visit.

Many people are reviewed in about 1 to 2 weeks, when steroid benefit is often clearer. Bring questions about activity, work, and physical therapy to that visit.

Questions or concerns?

Please contact us through **Klara** or the **patient portal**.
You can also text us at **631-310-0000**, or call **631-310-0000**.
Website: **SpinePainSolutions.com**

Scan to open your patient portal

SpinePain Solutions · Dr. Amit Sharma · Bay Shore / Commack / Farmingdale · Phone: **631-310-0000**. These instructions do not replace advice from Dr. Sharma or your SpinePain Solutions care team.

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