Teton Radiology *advanced medical imaging*
2001 S. Woodruff, Suite 17, Idaho Falls, ID 83404 • tel (208) 524-7237 425 E. 4th N., Rexburg, ID 83440 • tel (208) 356-4888

Epidural Steroid Injection Discharge Instructions

An Epidural Steroid Injection (ESI) is an injection of local anesthetic and steroid medication into the back or neck to relieve pain in your legs, neck, head, arms, or lower back. The medication is injected into an area surrounding the spinal nerves called the epidural space. The steroid injected reduces the inflammation and swelling of tissue in and around the spinal nerves. This may in turn reduce pain, and other symptoms caused by inflammation or irritation of the nerves and surrounding structures. An ESI can be both a treatment and a way to diagnose a specific nerve root problem when there is a question.

Aftercare Instructions

- Pain relief may begin immediately after the medication has been injected. You may experience a brief recurrence of your former pain until the anti-inflammatory medication takes effect.
- A responsible adult must drive you home. You must not drive yourself.
- Due to the numbness and any discomfort you may experience after the procedure, you may have some difficulty walking on your own and getting in and out of the car. This is normal and should subside in a matter of hours.
- Do not drive or operate machinery for at least 24 hours after the procedure.
- Eat your normal diet.
- Do not participate in strenuous activity today.
- You may remove any bandages in the evening before going to bed.
- You may take a shower. Do not take a bath or sit in a hot tub for 24 hours.
- If you are taking a blood thinner like aspirin, Plavix, Pradaxa, Xarelto, coumadin, Lovenox, among others, you may resume taking it.
- If you have diabetes, your blood sugar numbers may increase. Your primary care physician will counsel you regarding management.
- The steroid may not take effect immediately. It is common for improvement in the pain to occur progressively over the first 48 hours. The effects may last for a matter of days, weeks, and occasionally months.
- The effects of an Epidural Steroid Injection may be temporary and may offer little to no long-term relief. Each individual is different; however, sometimes the injection may be repeated after a number of weeks or months to receive maximum benefit from the medication. If the injection does not help alleviate your pain, your physician will most likely recommend a different therapeutic approach.

Please call your ordering doctor or primary care physician if you notice any of the following:

- Significant pain at the site unrelieved by Tylenol
- Hematoma or painful lump around the site
- Fever greater than 100.6°F
- Redness or drainage at biopsy site
- Continued nausea and vomiting

Seek EMERGENCY CARE if you have:

- Chest pain
- Uncontrolled bleeding
- Confusion or change in mental status
- Difficulty breathing or shortness of breath
- Progressive swelling of any area
- Severe abdominal pain or bloating
- Dizziness or feeling like you are going to pass out
- Changes to bowel or bladder function
- Severe headache
- Weakness
- New numbness or tingling
- Change in sensation
- Impaired movement
- Severe new pain
- Seizure

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

Please call Teton Radiology at 208-524-7237 Idaho Falls, Rexburg 208-356-4888, or your ordering physician if you have problems or concerns.

_____
(Patient name - Please print)

Your radiologist was:

_____

I understand the above information.

_____
(Patient or family member's signature) Date

Reviewed with me by:

_____
(Technologist or nurse) Date