



## PAIN MANAGEMENT

### POST-INJECTION DISCHARGE INSTRUCTIONS

- Lumbar facet block
- Cervical facet block
- SI Joint Injection
- SNRB (selective nerve root block)
- Other \_\_\_\_\_

You have just undergone a spinal injection procedure. This procedure is usually intended to diminish inflammation and pain around your spinal nerves and joints.

Most likely, two types of medications have been injected – anesthetic (Lidocaine, Marcaine) and steroids (Celestone, Depo-Medrol). Although everyone responds to medication and procedures differently, the following scenario is fairly typical. The Lidocaine is used diagnostically and should relieve the pain for about 3 to 6 hours. The steroid is used to reduce pain and inflammation long-term; relief from the steroid may not be noticed for two days following the injection. Therefore, you may experience a time period of good pain relief for a few hours following the injection (from the Lidocaine), followed by a time period during which the pain returns (usually to a lesser degree than prior to the injection). When the steroid starts to take effect, you should experience greater pain relief.

The spinal injection procedure you had is generally a very safe procedure. As a precaution, however, we ask that you adhere to the following post-injection instructions.

**Instructions:**

- No driving for 4-6 hours. Please make arrangements for someone to drive you home. You may experience temporary numbness in your legs after the injection.
- No driving for 12 hours if you had a cervical injection.
- The Band-Aid over the injection site(s) may be removed a few hours after the procedure.
- Do not go into a bath, hot tub or swimming pool for 24 hours. You may shower.
- You may have weakness / numbness that comes and goes in the affected extremity that resolves as the local anesthetic wears off.
- Avoid any vigorous activity. Light activity such as walking or stretching, as tolerated is fine. You may resume your usual activities 24 hours after the injection, unless your doctor instructs you otherwise.
- You may experience temporary soreness at the injection site. Use of ice over the site after numbness of skin goes away with Tylenol and anti-inflammatory medications is advised.
- You may resume all your usual medications, including non-steroidal anti-inflammatory drugs (NSAID).
- Monitor if there is a change in the type of pain you experience and report to your Doctor at your next appointment.
- Delayed adverse reactions to the procedure or one of the medications are very uncommon. If you lose bowel or bladder control, have sudden progressive changes in your ability to move an arm or leg or develop any other significant problems please call your primary physician. If you are unable to reach your primary care physician go to the LDH Emergency room or call 911.

I have read and understand these discharge instructions and my questions have been answered to my satisfaction.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date / Time