

## DISCHARGE INSTRUCTIONS

- Epidural Steroid Injection
- Selective Nerve Root Injection

You have received an injection of a regional anesthetic. It is likely that the effects of this anesthetic are still present when you are discharged home. The regional/local anesthetic provides pain relief and also prevents your muscles from working at full strength. Please pay attention to the following possible side effects and post-injection instructions:

1. For the duration of the local anesthetic effect, usually 4 to 6 hours, you may have decreased muscle strength in your extremity on the side of the injection.
2. It is not uncommon to experience pain or soreness at the site of the injection. After the injection, you should apply ice packs to the injection site for no longer than 20 minutes at a time, repeating the ice pack treatment 4 to 6 times as needed.
3. You may take pain medication prescribed by your referring doctor as needed.
4. You may also resume your usual medication after the procedure.
5. If you are diabetic, the steroids may temporarily increase your blood sugar levels. If this occurs, please notify your personal doctor. Your diabetic medication may need to be adjusted.
6. If you develop ANY of the following, please call the Radiology Department at (828) 452-8153 or go to the emergency room:
  - Fever or chills
  - Severe tenderness at the injections site
  - Weakness in the arm (for neck procedure) or leg (back procedure) that persists the next day after the procedure
  - Unable to urinate or have new incontinence of bowel or bladder
  - Breathing difficulty, dizziness, severe total body rash, facial or tongue swelling, chest pain

Discharge instructions have been explained to the patient (or guardian/significant other), who expressed understanding.

Patient Signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Guardian or Significant Other: \_\_\_\_\_

Witness: \_\_\_\_\_

**MEDWEST HAYWOOD**  
**DEPARTMENT OF RADIOLOGY**  
**ESI / NRB**  
**DISCHARGE INSTRUCTIONS**

RAD035 (12/20/11)



DOB:

AGE: