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## **Post-Operative Surgery Discharge Instructions**

### **Post-Procedure Instructions for:**

- Epidural Steroid Injections (Cervical, Thoracic, Lumbar, or Caudal)
- Transforaminal Epidural Steroid Injections (TFESI)
- Facet Joint Injections
- Medial Branch Block (MBB)
- Radiofrequency Ablations (RFA)

### **Following your procedure, please follow these instructions:**

1. Continue to take your medications as prescribed by your physician. An ice pack can be placed on the injection site for 20 minutes on, then 20 minutes off may be helpful.
2. Remove band-aid from the injection site when the bleeding stops. (leave on no longer than 25 hours as adhesive may cause skin irritation)
3. Limit strenuous activity for the next 24 hours

### **What to expect:**

- Pain: You may experience increased pain over the next 3 days over the needle insertion site
- Common side effects from steroid injections, which are temporary, include:
  - Flushing or feeling of warmth
  - Increased water retention
  - Leg cramps
  - Difficulty sleeping for 1 night
  - Increase in blood glucose levels (if you have diabetes, you should monitor your blood sugar levels closely)

### **When to call:**

1. Fever 101F or higher
2. Redness, swelling, or drainage at the injection site
3. Bright red excessive bleeding
4. Unable to move upper or lower extremities (arms and legs)

### **Follow up appointment(s):**

Clinic Office Visit date:	Next Procedure Date:
Time:	Time:

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

\_\_\_\_\_  
Date