

A & A PAIN INSTITUTE
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POST-PROCEDURE INSTRUCTIONS

▪ **EPIDURAL STERIOD INJECTION/NERVE ROOT INJECTION/SI (sacroiliac) JOINT INJECTION:**

You may have worsening of your pain after the local anesthetic wears off and until the steroid reaches its peak. This can take 1-5 days. Steroids can cause temporary warm, flushed feeling, irritability and increased appetite. If you are diabetic, inform your physician that you will be receiving a steroid injection, as your blood sugars may rise for about one week.

- **LUMBAR:** You may experience temporary weakness in one or both legs. You may need assistance walking.
- **CERVICAL:** You may experience temporary weakness in one or both arms.
- **SIJOINT:** You may experience temporary weakness in your leg on the side of your injection. You may need assistance walking.

▪ **FACET INJECTION:**

The facet injection is performed for diagnostic purposes. If you get relief from this injection, it will be temporary, that is, several hours. If steroids are used, you can expect longer relief.

- **LUMBAR:** You may experience temporary weakness in one or both legs. You may need assistance walking.
- **CERVICAL:** you may experience temporary weakness in one or both arms.

▪ **FACET RHIZOTOMY:**

- **LUMBAR:** You may experience temporary weakness in one or both legs.
- **CERVICAL:** You may experience temporary weakness in one or both arms. You may experience a burning sensation at the injection site for several days. This is rare.

▪ **LUMBAR SYMPATHETIC BLOCK:**

You may experience temporary weakness, numbness or warmth in one or both legs.

▪ **AFTER ANY OF THESE INJECTIONS:**

- You may feel soreness at the injection site. This can be treated with a heating pad or ice pack.
- You may feel light-headed or dizzy.
- You **CAN NOT** drive after your procedure. You can resume driving tomorrow. Let pain be your guide to resuming normal activities.