
Summary of Procedure

A combination of short-acting anesthetic and a long-acting corticosteroid was injected. The purpose of the steroid injection is to reduce the inflammation and irritation of nerves in the epidural space, which can be responsible for pain, numbness or tingling in the lower back, legs, or feet.

Following the Procedure

- You may have temporary pain relief from the anesthetic for the next 4-6 hours. The steroid may require an additional 3-7 days to achieve full effect.
- You may experience transient numbness or leg weakness following the procedure. Take extra care walking, climbing stairs, and negotiating curbs due to increased risk of falling. Do not drive or operate machinery for the remainder of the day.
- No heavy lifting or strenuous activity for the next 24-48 hours.
- If there is soreness at the injection site, a cold compress or ice pack to the area for a few minutes may be helpful. Slight bruising or tenderness is normal.
- You may remove the dressing/band-aid from the site in 24 hours.
- Resume your usual medications as previously prescribed. Continue your normal diet.
- If you have diabetes, you may observe increased fluctuations in your blood sugar readings over the next several days. Contact your primary care physician or diabetes specialist with any questions regarding your blood sugar.
- Contact us or your physician immediately if you experience:
 - Fever greater than 101 degrees Fahrenheit
 - Persistent, severe headache
 - Excessive redness, warmth, or discharge at the injection site
 - Neck stiffness

If you are experiencing a medical emergency please go the nearest emergency room.