
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, which can be responsible for pain, numbness, or tingling.

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.
- No heavy lifting, strenuous activity for the next 24 - 48 hours.
- If there is soreness at the injection site, a cold compress, or an ice pack to the area for a few minutes may be helpful. Slight bruising or tenderness is normal.
- You may remove the dressing/band-aide 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 if you have any questions about your blood sugar.
- Contact us or your physician immediately if you experience:
 - Fever greater than 101 degrees Fahrenheit
 - Excessive redness, warmth, or discharge at the injection site

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