

Steroid Injection Discharge Instructions



- 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 weakness following the procedure. Take extra care walking, climbing stairs, etc., due to increased risk of falling. Do not drive or operate machinery for the remainder of the day.
- Do not participate in strenuous activities or heavy lifting (over 10 lbs) for 48 hours.
- If there is soreness at the injection site, an ice pack may be applied to the procedure site as needed. Be sure to place a barrier between the site and the ice pack; only keep on for a maximum of 20 minutes.
- You may remove the dressing or band-aid from the site in 24 hours.
- Resume your usual medications as previously prescribed. Continue your regular diet.
- If you have diabetes, you may have an increase in your blood sugar level over the next several days. Contact your primary care physician or diabetes specialist with any questions regarding the management of your blood sugar.
- Contact your physician or us immediately if you experience:
 - Fever greater than 101 degrees Fahrenheit
 - Excessive redness, warmth, or discharge at the injection site
 - Excessive pain at the injection site

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