

POST-Procedure Instructions

DAY OF THE PROCEDURE:

- It is recommended that you lie down and rest at home for at least 2 hours immediately after the procedure.
- Plan to rest and relax for the first 24 hours after the injection in a reclined position.
- Limit walking or sitting to 10-20 minutes at a time.
- You may resume all medications as previously prescribed.
- You may remove the dressing/band-aid later that night.
- You may apply an ice-pack to the injection site for up to 20 minute intervals as needed to reduce discomfort.
- Avoid Heat to the injection site for 3 days.
- Typically, most patients get satisfactory relief of post-procedure discomfort with Tylenol, Advil or Aleve.
- Prescription medications are not typically required for this procedure, but can be called in (during business hours) to your pharmacy if necessary for severe pain.
- Do not drive on the day of the injection.

RESUMING WORK ACTIVITIES:

- The majority of patients can resume work 1-3 days following the injection. Majority of patients return to work the day after the procedure. A work excuse can be provided upon request.
- Limit lifting to 5-10 pounds for the first week and then increase as tolerated.
- Limit excessive bending, twisting, reaching, climbing or crawling for 1 week.

RESUMING PHYSICAL THERAPY:

- Formal Physical Therapy may resume or begin 3-4 days following the procedure.
- Therapy should focus on gentle stretch exercises and massage initially.
- No chiropractic manipulations, decompression therapy or inversion traction for 2 weeks following the procedure.

RESUMING EXERCISE:

- No exercise for 5 days after the procedure.
- If still having pain at 5 days, do not begin exercise until pain free for 2 straight days.
- When beginning exercise, low impact activities are recommended, including stationary bike, elliptical, swimming, and walking.
- You may return to light stretching and light weights at 1 week following the procedure, with great care to avoid lumbar stressing exercises (i.e. squats, lunges, clean and jerks, military press).
- Avoid any running for 2 weeks after the procedure and progress slowly from a walk to light jog to run as tolerated.

COMMON SIDE EFFECTS:

- 1) Increase in normal pain for up to 1 week
- 2) Restlessness/nervousness for up to 3 days
- 3) Low grade fever (<100 degrees)
- 4) Increased appetite
- 5) Increased blood glucose (sugar) levels in diabetics (please monitor closely)
- 6) Flushing/redness for up to 3 days which improves with Benadryl
- 7) Increased water retention (mild swelling in the hands or feet)
- 8) Steroid headache which can last up to 1 week

• If you experience any of these common side effects from steroid injections there should be no cause for concern.

RARE SIDE EFFECTS:

- 1) Redness, swelling or drainage at the injection site
- 2) Fever above 100.4 degrees with chills
- 3) Severe positional headache that improves by lying down
- 4) An increase in numbness or weakness in the arms or legs
- 5) Changes in bowel or bladder function

• **If you experience any of the rare side effects, please call the office at (205) 271-6511 where Dr. Downey will be notified.**

• Please refer to our website www.spinegroupalabama.com for descriptions of all procedures.