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POST INJECTION INSTRUCTION SHEET

Information for Patients and their Families

After the injection, you may feel:

- Some numbness, weakness or tenderness in the arm/leg. This is normal and due to the anesthetic. It should improve within a few hours.
- Local tenderness at the injection site. This is normal. Apply ice to the area for 20 minutes 3-4 times per day and rest. Tylenol (Acetaminophen), ibuprofen (Advil) or naprosyn (Aleve) can be used to relieve any minor discomfort.
- Local swelling or redness at the site of the injection (Normal). If there are raised red, significantly tender areas, call us.
- If steroid (cortisone) was used, it may take several days for this to take effect. Occasionally, the steroid can cause the pain to increase for 1-2 days before it improves your symptoms.
- Occasionally the cortisone can cause a temporary adverse reaction. This typically includes flushing or redness of the face and/or sleeplessness. Benadryl can be taken. Symptoms can last a couple of days.
- Restrictions include not submerging the procedure site in standing water such as a hottub, bathtub or swimming pool for 24 hours, as these can slightly increase the risk of infection.
- Contact our office if any of the following occurs:
 - Fevers, chills
 - Severe increase of pain
 - Allergic reaction
 - If you think “something does not feel right”

FOLLOW UP: _____

Please call us with any questions or concerns at 303-494-7773

www.SpineWest.com