



Minimally Invasive
Procedure Specialists

Epidural Steroid Injection

WHAT YOU NEED TO KNOW:

An epidural steroid injection (ESI) is a procedure to inject steroid medicine into the epidural space. The epidural space is between your spinal cord and vertebrae. Steroids reduce inflammation and fluid buildup in your spine that may be causing pain.

DISCHARGE INSTRUCTIONS:

Contact your healthcare provider if:

- You notice any signs of infection around the injection site such as redness, swelling, and/or elevated temperature above 100.5F consistently.
- You have more pain than you had before the procedure.
- You have questions or concerns about your condition or care.

Follow up with your healthcare provider as directed: Write down your questions so you remember to ask them during your visits.

Keep your wound covered and dry for 24 hours. After 24 hours, you may shower. Allow the surgical glue to come off by itself - this may take 10-12 days. Do not soak the site in bath or hot tub until completely healed.

Intravenous Site:

- A localized irritation of the vein may occur at the site of the intravenous insertions. Warm, moist packs applied 4-6 times per day for 2 days may reduce the pain and irritation
- Notify your physician if the area continues to be painful or becomes red and/or hot to the touch.

Self-care:

- **Do not drive** or operate dangerous equipment for 4-6 hours.
- **Do not apply heat to injection site for 48 hours** following your procedure (includes heating pad, hot tub, or hot bath -warm showers are okay).
- **If steroids (such as cortisone) are used**, some patients may experience a "steroid flare". Symptoms include facial flushing, headache, increase in "normal" pain, difficulty sleeping, and rapid heartbeat (palpitations). These symptoms should last not more than 24-48 hours.
- **If you are diabetic**, please be aware of blood sugar elevation for up to 72 hours after steroid injection. Call your physician if you notice changes.

Diet:

- Resume normal diet as tolerated with no restrictions. Drink plenty of fluids.
- Resume normal medications, including pain medications.

Activity:

- Limit activity for 12 hours.
- Refrain from all strenuous activity for the next 24 hours.

Contact the Radiology Care Unit at **(303) 738-2734** Monday through Friday 7:00AM-5:00PM if you have questions. For after-hours urgent matters, call the Radiology Department at **(720) 528- 0775** and ask for the MIPS Interventional Radiologist on call.

© 2016 Truven Health Analytics Inc. Information is for End User's use only and may not be sold, redistributed or otherwise used for commercial purposes. All illustrations and images included in CareNotes® are the copyrighted property of A.D.A.M., Inc. or Truven Health Analytics.

The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.

