



EPIDURAL INJECTION

These are general instructions. If you have been given specific instructions differing from the information below, do as you have been instructed by your physician.

PRIOR TO PROCEDURE

Please do not take any aspirin or aspirin-containing products such as Alka Seltzer, Anacin, Bufferin etc. for one week prior to your appointment. Also do not take Naprosyn, Voltaren or any products containing ibuprofen including Advil and Motrin for one week prior to your appointment. You may take Tylenol or acetaminophen products.

Notify your physician if you regularly take a blood-thinning medication including aspirin, Coumadin, Plavix, Ticlid, Lovenex or Heparin. Please also notify us if you develop a fever, infection or flu symptoms before your scheduled appointment.

DAY OF PROCEDURE

When you arrive for your injection you will be escorted to our procedure room where you will be prepped for the procedure. *Please wear comfortable tops and bottoms, no dresses. The procedure you are scheduled for may require you to remove your top.*

THE PROCEDURE:

1. The physician will cleanse the area of injection with a sterile solution and inject a local anesthetic into the appropriate area, which may cause momentary discomfort and a slight burning sensation.
2. After the area is numb, the physician will insert a needle and inject the steroid. You will feel pressure but you should not feel pain while the steroid is being injected.
3. The assistant will then place a small adhesive bandage on the injection site.

POST PROCEDURE INSTRUCTIONS

1. You may experience some soreness at the injection site for the first 24 hours after receiving the injection. If so, applying ice will help reduce the discomfort.
2. You will be asked to remain in the office for approximately 30-60 minutes for monitoring.
3. You may drive yourself home, although some patients are more comfortable allowing someone else to do so.
4. You may resume your normal activities following the procedure.
5. The day after you receive your injection, you may remove the small bandage and wash the injection site with soap and water.

IMPORTANT: If you experience a severe headache, or redness, swelling, tenderness or warmth at the injection site, notify your physician.