POSTOPERATIVE INSTRUCTIONS  
Lumber Epidural Spine Injection

**DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS.**  
Some anesthetics have delayed metabolism and can interfere with the ability to perform these tasks.

**DO NOT DRINK ALCOHOLIC BEVERAGES FOR 24 HOURS.**

**DO NOT MAKE IMPORTANT DECISIONS OR SIGN LEGAL DOCUMENTS UNTIL THE NEXT DAY.**

**DO NOT EAT HEAVY OR LARGE MEALS UNTIL THE NEXT DAY.**  
A heavy meal may be difficult to digest. Spicy and greasy foods should be avoided.

**DO NOTIFY PHYSICIAN IF YOU HAVE NOT VOICED WITHIN SIX HOURS.**

What to expect from your procedure:  
You may experience any of the following symptoms: Drowsiness, nausea, muscle soreness, muscle spasm, and/or increasing pain.

**Selective Nerve Root Block:** You may experience low back aching or an increase in leg pain for 1 to 3 days. You may experience numbness or tingling for up to 24 hours.

**Facet Joint Injection:** You may experience low back/neck pain and stiffness for 2 to 7 days. Improvement in your baseline condition may be noted as early as 3 to 5 days, but it may take 2 weeks for a significant effect to be noted.

**Epidural Injection / Discogram:** You may experience low back/neck pain for 1 to 2 days. You may experience an increase in leg / upper extremity pain for 2 to 3 days. Improvement in pain will often be noted in the first 2 to 3 days, but may be delayed for as long as 10 to 14 days. **IF YOU HAVE HAD AN EPIDURAL INJECTION, EXERCISES CAN BE RESUMED IN 5 TO 7 DAYS.**

**Stellate Ganglion Block:** You may experience sore throat, hoarse voice, and/or droopy eyelid on side of injection. **DO NOT EAT OR DRINK ANYTHING FOR 5 TO 6 HOURS AFTER SURGERY.** Start with small sips of fluids when you can swallow without problems, and advance slowly to a regular diet. **IF YOU HAD A STELATE GANGLION BLOCK OR SYMPATHETIC BLOCK YOU CAN RESUME EXERCISE AT ONCE.**

**General Post-Procedural Instructions:** Icing the area of injection for 20 minutes at a time, 3 times a day for the first 1 to 2 days following the procedure will reduce local soreness. On the second or third day, heat may feel better. Use ice and heat with caution if the skin is numb.

- Call your physician the day after your procedure to schedule a follow-up appointment.
- Call your referring Doctor to schedule a follow-up appointment.
- Come back for a second injection. Call your physician to schedule an appointment.

**CALL PHYSICIAN IMMEDIATELY FOR:** fever over 101° or skin rash, uncontrolled nausea, redness around the injection site, severe pain, numbness or tingling lasting longer than 24

**IF YOU ARE UNABLE TO CONTACT YOUR DOCTOR IN AN EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.**