

Care After a Spinal Injection or Nerve Block

General Information

To help manage your pain, you had an injection of anesthesia and a steroid medicine into your spinal canal, spinal joints and surrounding nerves.

This medicine (anesthesia, sedation or both) made you sleepy. This will affect your ability to think clearly and make good decisions.

Activity

- You will rest for 30 to 60 minutes before you leave the hospital or clinic.
- For your safety, you will need a responsible adult to stay with you for 24 hours.
- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol.
- Avoid any strenuous activity or heavy lifting for the first 24 hours.
- You may take a shower the morning after the procedure.
- After 24 hours, return to your normal activities as you are able. Follow any instructions your health care provider gave you.

Diet

- Return to your normal diet. Follow any instructions your health care provider gave you.
- Do not drink alcohol while you are taking prescription pain medicine.

Medicine/Discomfort

- It is common to have some soreness or muscle spasms in your back, arm or leg. This new soreness will lessen each day.
- Return to your normal medicines (including pain medicine). Follow any instructions your health care provider gave you.
- Use a cold pack to help relieve discomfort.
 - Place a clean, dry towel on your skin before you place the ice pack.
 - Leave the cold pack on for 20 minutes at a time, once every two hours for the first 24 hours.

Site Care

- Bandages were placed over the injection site after the procedure.
- After 24 hours you may remove the bandage from the injection site.
- Keep the injection site clean and dry.
- Do not swim or soak in a bathtub or hot tub for 1 week.

(over)

