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.

Pain

- Pay close attention and keep careful track of whether the injection relieved your "old" pain, which part of your pain, how much relief it provided and how long it lasted. Use the chart on the other side to keep a record. There are no right or wrong answers.
- If you have any questions about the procedure, please call your doctor.

Pain Scale

■ Use the pain scale of zero to 10 (zero means no pain and 10 means severe pain).

When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- swelling, drainage, redness or warmth at the injection site
- numbness, tingling, weakness or being unable to use your arms or legs
- new or worse pain
- changes in bowel or bladder habits
- chills or fever of 101 F or higher
- any new symptoms
- any questions or concerns.

	Pre-injection pain level	Pain relief 30 minutes after injection (all, which part of your pain, none)	When did the pain return?	If the pain came back, was it gradual or sudden?
Low back				
Left buttock and/ or leg				
Right buttock and/or leg				
Other				
Numbness: Y N	Weakness: Y N			
Where:	Where:			
Duration:	Duration:			