



Pain Management Specialists

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Post-Procedure Instructions

If you are having one of the following procedures please review the following post-procedure instructions :

- Epidural Steroid Injection
- Facet Joint Injection
- Selective Nerve Root Block
- Sympathetic Block
- Radiofrequency Lesion
- Neurolytic Block
- Discography

Activity:

Do not drive for 6 - 8 hours if your legs or feet feel weak or numb or if you were medicated with a sedative or a narcotic. You may perform moderate exercise (leisurely walking or stretching) today. Resume other activity after 3 days. No heavy lifting (greater than 5 lbs.) for 3 days. Avoid twisting and bending movements (no workouts, heavy household duties, golf, etc.) for 3 days.

Comfort Measures:

You may take your usual medications.

You may apply ice to the injection area for twenty minutes at a time every 1 - 2 hours. Do not place a heating pad to the area for the first 24 hours.

Remove the dressing or Band-Aid after 4 hours.

No baths, hot tubs or swimming for 24 hours. You may shower

Expected Effects:

You may experience facial flushing from the steroid injection (cortisone medication), sleeplessness, or a restless feeling. These symptoms can last for 1 - 4 days and are quite normal.

You may experience an increase in pain the day following your procedure. Steroid medication can take 1 to 3 days start working. It may take this long to feel a decrease in your pain. Do not become discouraged if the pain takes 3 days to subside.

If your test was a diagnostic test, you may not have lasting pain relief.

Complications to watch for:

Numbness, weakness, or tingling in the arms or legs lasting for more than 24 hours

Fever or temperature greater than 101 degrees. If you feel hot, take your temperature.

Nausea, new or unusual headache or neck stiffness.

Difficulty urinating or holding your urine.

Bleeding or drainage from the injection site (more than 1/2 teaspoon).

Unusual swelling or redness around the injection site.

If you have difficulty breathing or chest pain with breathing. Call 911, as it may be a reaction to the medications given or an indication of a serious complication.

Where to call For Problems:

If your procedure was done at Cottage Hospital call Dr. Benson's office at (805) 682-5520.

If your procedure was done at Santa Barbara Surgery Center call Dr. Benson's office at (805) 682-5520.

If your procedure was done at Premier Surgery Center call Premier at (805) 898-1111.

If you call after regular business hours or on weekends, a message will instruct you how to reach one of our on-call physicians.

Follow-up Appointments:

To schedule follow-up appointments, call Dr. Benson's office at (805) 682-5520.

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