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DISCHARGE INSTRUCTIONS

EPIDURAL STEROID INJECTION

The Epidural Steroid Injection is used to decrease inflammation at the nerve root. Inflammation can be caused by arthritic conditions in the spine along with disc injuries. Anti-inflammatory steroids are injected close to the nerve root where the irritation is. By reducing inflammation at the nerve root, the patient should experience a decrease in their pain.

Plan to spend a quiet day and evening after the procedure. **DO NOT** try to do things you were unable to do before the procedure.

You may experience an increase in pain or pressure for 1-2 days after the injection. You should notice a decrease in your pain in approximately 3-5 days. However, some people do not experience pain relief for 10-14 days.

You should be using a heating pad or ice pack for any increases in discomfort. You may alternate between heat and ice. Be sure to leave the heating pad or ice pack on for 15 minutes each time, waiting an additional 15 minutes before using it again. **DO NOT SLEEP WITH HOT OR ICE PACKS.**

If you have any problems or questions, please call our office at (203) 626-9080. The office hours are Monday – Friday from 8:00 am to 4:00 pm.

In the event of an afterhours emergency related to your procedure call (203) 626-9080 and follow the instructions for contacting the on-call physician. Only emergency phone calls will be returned afterhours. Under no circumstances will prescriptions be refilled or changed.