



## What to Expect Immediately After the Procedure:

- **Pain Relief:** It is common to experience some immediate pain or discomfort at the injection site, which should subside within a few hours.
- **Numbness or Weakness:** Some patients may experience temporary numbness or weakness in the lower extremities. This should resolve within a few hours.
- **Mild Discomfort:** You may experience mild soreness or stiffness in the area where the injection was given for a few days.
- **Avoid taking anti-inflammatory medications** (e.g., aspirin, ibuprofen) unless instructed to do so by your doctor, as they may interfere with the healing process.
- **Rest:** Avoid strenuous physical activity for the next **48 hours**. Do not lift heavy objects or perform activities that may strain your back.
- **Gradual Return to Activity:** After 48 hours, you may return to your normal activities as tolerated, but avoid high-impact activities (e.g., running, jumping) for at least **1 week**.
- **Driving:** Do not drive for **24 hours** or until you are no longer feeling the effects of sedation or medication.
- **Injection Site:** You may experience mild bruising or soreness at the injection site. This is normal and should improve over the next few days. If you notice swelling, increased redness, or signs of infection (such as fever), contact your doctor immediately.
- **Showering:** You may shower after the procedure. Avoid submerging the area in water (e.g., bathtubs, pools) for at least **48 hours**.
- You may apply an **ice pack** to the injection site for **15–20 minutes** several times a day during the first 24 hours to reduce any inflammation or soreness.
- After 24 hours, you may switch to **heat** if you feel that it helps with muscle soreness.
- **Increased pain** in the first 24–48 hours (this may be temporary and is often referred to as a “steroid flare”). If this occurs, applying ice or taking anti-inflammatory medications can help.
- **Dizziness, headache, or nausea:** These symptoms may occur in response to the medication, especially if you are prone to these issues. If the symptoms persist or worsen, contact your doctor.
- **Bladder or bowel issues:** Difficulty urinating or loss of control of bowel movements may indicate a more serious problem. Seek medical attention immediately if this occurs.



### **When to Seek Medical Attention:**

Contact your healthcare provider immediately if you experience any of the following:

- **Severe or worsening pain** that is not relieved by prescribed pain management.
- **Infection** (fever, redness, swelling, warmth, or drainage from the injection site).
- **Numbness, weakness, or loss of function** in the legs, arms, or other areas of your body.
- **Difficulty breathing**, chest pain, or heart palpitations.
- **Severe headache**, especially if it is accompanied by neck stiffness or blurred vision.
- It can take anywhere from **24 hours to 1 week** to feel the full effects of the epidural steroid injection. Some patients feel immediate relief, while others may experience gradual improvement over the following weeks.
- If you have any **questions or concerns** about your recovery, please don't hesitate to contact our office at 580-339-8001 OR our **after hours emergency only line at 405-334-5220**.