



Pain Management

DISCHARGE INSTRUCTIONS

ACTIVITY

1. No driving or operating machinery for 24 hours. No strenuous activity for the next 48 hours. You may resume your regular activities tomorrow.
2. You may resume your regular diet.
3. The area around the injection site may be sore for 2-3 days. You may take over the counter medications for the soreness (i.e Tylenol, Advil, etc). Use warm moist heat or ice packs.
4. If you had a steroid injection, it usually takes 7-12 days to experience the full effect.
5. If you have any fever or redness around the injection site, please call you physician.
6. Call Arkansas Neurosurgery Brain and Spine Clinic 10 to 14 days after your last injection to report your condition so the next step, if any, in your treatment can be determined.
7. If you have any other problems or questions, please call your physician.
8. Steroids may cause sleeplessness and irritability. This will be temporary if it occurs.
9. Steroids can significantly raise your blood sugar. If you are diabetic remember to carefully check your blood sugar. Call your primary physician if you have trouble managing your blood sugar.