



Okspinepain.com

Interventional Pain Management, Spine Pain, Musculoskeletal Medicine, Electrodiagnosis (EMG/NCS), Botox

Post-Injection, Discharge Instructions

1. You may notice a mild increase in pain after the procedure. Please use ice on the injection site for 20 minutes at a time to reduce symptoms. Steroid medications can take up to 2-5 days to begin reducing the pain.
2. You may remove the Band-Aid 4 hours after the injection.
3. Try to rest for the remainder of the day. Avoid strenuous activity for 12hrs following the injection.
4. Resume normal-routine activities, 24hrs after the injection.
5. Continue taking your typical pain medications as needed for pain. Always take the medication as directed by the prescriber.
6. You may resume taking any “blood-thinner” medication 12 hours following your injection.
7. You may resume Physical Therapy 1 day after the procedure.
8. If you have Diabetes, the steroid may increase your blood sugar for about 7 days.
9. If you develop any significant symptoms such as fever (above 101 orally), severe headache, **NEW weakness or increased numbness** please contact us by calling our office at **918-728-8020**. After hours call Saint Francis Hospital Answering service at **918-494-2200**. Your doctor (or the doctor on-call) can be paged for an emergency. Please note that adjustments to **pain medications** or requests for refills **will not be considered**. If you feel you are having an emergency, please go to the nearest Emergency Department.