



AFTER MY INJECTION

- You may be sore at the injection site or in the affected leg on the side we placed the injection. If needed, ice may be placed over the injection site for 10-20 minutes at a time every 2-3 hours. **Please Note:** Place a towel between the ice and your skin to avoid burns.
- Take it easy for the rest of the day. Light walking, or typical activities of daily living are acceptable, stretching is encouraged - but please avoid heavy lifting, bending or twisting.
- You may resume normal activities tomorrow including: exercise routines, strength training and Physical Therapy, etc.

IMPORTANT

- If you are a diabetic, the steroid medication used during today's procedure could increase your blood sugar. Please test your blood sugar more frequently than you do routinely for the next three days. **Contact your treating physician for concerns related to high blood sugar.**
- If you are on a blood thinner, and stopped it for this procedure, you may resume taking it in accordance with your daily routine.
- If you stopped any NSAID medication for this procedure, you may now resume taking it.

SIDE EFFECTS

- You **may** experience increased pain at the site of the injection, or a magnification of your current symptoms for a day or two after your injection. This is not uncommon and will dissipate.
- Numbness in the lower extremity
- Dizziness
- Hiccups

WHEN TO CALL THE OFFICE

- Severe pain or headache
- Fever or Chills
- Loss of bladder control
- Progressive weakness or the upper or lower extremities
- Swelling or redness around the injection site