

SOUTHWEST



Pain Management

EPIDURAL STEROID INJECTION GUIDE

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Instructions prior to your visit at Southwest

- **If you are on prescription blood thinners such as coumadin, warfarin, Plavix, Eliquis, Pradaxa, Xeralto or other blood thinners please notify us.**
- The entire process (from check in to discharge) takes approximately 30 minutes.
- Medications, including pain pills, and especially heart/blood pressure/ diabetic medications should be taken the morning of the procedure.
- Wear comfortable clothing that is accessible to the injection site (middle, upper or lower back) i.e. loose-fitting clothing, stretchy clothing and/or an undershirt as you will not need to be fully undressed for the procedure if dressed accordingly.

The Procedure Itself

The epidural is done as an outpatient procedure meaning you will not need any sedation and are able to drive yourself home. You will be helped to the exam table, laid in a prone position and the future injection site will then be exposed and sterilized. A local anesthetic is used to numb the skin. A small amount of fluoroscopy is administered and the epidural space is then located. Afterward, a small bandage is placed to cover the injection site and you can resume your normal daily activities.

Post-Procedure Pain Medications:

For minor discomfort, Aspirin, Tylenol or Extra Strength Tylenol, not in excess of two tablets four times per day, may be used. Medication prescribed by your physician may be taken as directed for discomfort not relieved by non-prescription medication.

Activity/ Exercise

You may be up and around as tolerated by your level of comfort. Intermittent use of an ice pack is acceptable. Do not use heat on the day of the procedure. You may eat and drink as you desire.

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Rare Post-Procedural Symptoms

You should report any signs of infection. Symptoms to be aware of include: redness and /or warmth near the injection site, increased pain, swelling, drainage, chills, night sweats, or fever above 100 degrees F. Should you develop a headache, stay quiet with your head and body flat, drink plenty of fluids, and take aspirin or non-aspirin medication. If your headache persists beyond 24 hours or is noticeably increased by standing upright, it may be an indication of a spinal headache and our office should be notified. Usually, in this event, the symptoms are self-limiting and resolve in time without additional treatment.

If you have any further questions, ask one of our staff members and we are happy to help and explain in detail more thoroughly. Your experience and healing process is our priority.

Thanks for choosing Southwest Pain Management.

Dr. Philip Morgan and Associates.