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**PAIN MANAGEMENT WITH CORTICOSTEROID INJECTIONS/RHIZOTOMY/RF ABLATION**

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Please pay close attention to the following information/instructions:

**Local Anesthetic/Corticosteroid Injection Considerations:**

Local anesthetic effects typically last 4-6 hours.

**It may take 3-7 days for the corticosteroid to reach optimal effects.** Remember, the corticosteroid benefit (long-term pain relief) from an injection can take up to 10 days to occur. For the first 24-48 hours, you may experience an increase in pain/soreness at the injection site(s) before the cortisone takes effect.

- Reclining in a chair/standing may be more comfortable.
- Stretch as often as possible during a long car ride or air travel.
- Remove the dressing/bandage the day after the procedure before you shower. Should the dressing/bandage become soiled prior to your shower, please remove it.
- Utilize good hand hygiene with all bandages to decrease the risk of infection.

**DO:**

- Resume all of your normal daily activities 24 hours after your injection.
- Shower the following day. Remove the dressing/band-aid before shower
- Apply ice to the affected area to reduce the pain and swelling.
- Avoid heat for the first 72 hours, however, a regular shower is OK.
- Resume diet as tolerated. Increase your fluid intake and decrease your salt and carbohydrates intake.
- Gradually increase activity level.
- Monitor blood sugar more frequently.
- Resume all home medications (including pain medications, anti-inflammatories, and blood thinners).



To guide your treatment, your physician may require you to keep a diary of your pain. Provide this at your next appointment.

To review your response to the cortisone, follow up with your surgeon 2-3 weeks after your procedure.

**DO NOT:**

For the next 24 hours: DO NOT drive a car, DO NOT operate any heavy/complicated machinery, DO NOT make important binding decisions, DO NOT sign any legal documents, and be careful of your social media activity, a responsible adult needs to remain with you.

- Immerse/sit in the bath or swimming pool.
- Use hot packs, saunas, or steam rooms during this time for the first 72 hours.
- Do not leave it on after you have taken a shower or gotten it wet.

**Common side effects of Corticosteroids:** These may resolve several days after having your corticosteroid injection(s).

- Mild soreness or stiffness at the injection site(s).
- Hot flashes: flushing of the face, neck and chest.
- mild headache.
- fluid retention.
- Feeling anxious or restless.
- Elevated blood sugar level in diabetics. Monitor your glucose more frequently for several days.
- A mild increase in heart rate and/or blood pressure.
- Insomnia/difficulty sleeping.

**Report Immediately To Your Surgeon:**

- Fever greater than 101.1
- Unrelieved severe pain
- Increased heat/redness or drainage at the site



**When to call your physician:**

- You develop **chills**, and or a **fever** greater than **100** degrees.
- You have **drainage** from your incision, especially if accompanied by a foul odor, and is thick and yellow.
- You have increased **redness** or **swelling** around the incision.
- You have severe or continued **headaches** (especially if NO headaches were present prior to your procedure)
- You start having increased **pain** that is not relieved by your medicine.