

**INTERVENTIONAL PAIN MANAGEMENT SERVICES  
EPIDURAL/MEDIAL BRANCH BLOCK PRE/POST-PROCEDURE INSTRUCTIONS**

**Epidural Steroid Injection  Lumbar /  Thoracic /  Cervical /  Caudal  
 Selective Nerve Root Block/  Facet Medial Branch Block**

**ABOUT THE PROCEDURE:**

An epidural /MBB is a cortisone steroid injection which may be injected under the skin into the epidural space or near facet nerve. The injection you receive will contain local anesthesia and possibly some steroid medication (to reduce inflammation and pain, not the muscle building kind of steroid). The following symptoms are common after this procedure.

- Pain, bruising, and swelling around injection site.
- Numbness and weakness of the affected area and muscles, numbness of the pelvic area.
- Dizziness.
- Weakness and sensation of warmth in legs/ arms. Assistance may be needed in walking.
- Soreness and discomfort in the area of epidural injection and tailbone, particularly common after steroid injection due to the irritation. This will go away after 24-72 hours. An ice pack may be helpful 3-4 times a day for 20 minutes.
- For the first 12 hours please use caution when trying to move your bowels, especially if you have hemorrhoids.

**DAY OF INJECTION:**

**Procedure may not be performed if the instructions below are not followed.**

- No food, beverages, coffee, juices or water (except sip of water for routine medications only) for 6 hours before the appointment.
- Take medications as directed. **Stop Coumadin 5 days before the procedure.**
- Take blood pressure medications, etc. on routine schedule. Hold Diabetes medications on the morning of the procedure.
- Bring responsible adult to drive home. Do not plan to drive home after the injection.
- **DO NOT DRIVE FOR 8 HOURS AFTER THE PROCEDURE.**

**DISCHARGE INSTRUCTIONS:**

- Do not drive an automobile, use stairs, operate heavy equipment, or engage in strenuous activities until the numbness has completely worn off and full strength has returned to your arms and legs. Your arms or legs may be weaker than they feel for up to 8 hours after injection.
- Rest, not necessarily bed rest, but take it easy and limit your activity today.
- There is a small chance that you may develop a headache as a result of the procedure. When a headache occurs, the following may be helpful.
  - Tylenol or medication you usually take for minor pain.
  - Drink lots of fluids. Caffeinated drinks such as coffee, cola, tea, etc. is often quite effective for this type of headache.
  - Keep head flat when lying down.
  - Please notify us at 972-6283 if the headache persists or is incapacitating. Call 972-6283 Monday-Friday, 7:30 AM to 3:30 PM or Contact Emergency Room after 3.30 PM and/or weekends for the following.

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**CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:**

- Oral temperature of 101° F or higher.
- Inability to urinate up to eight hours after the block.
- Inability to walk eight hours after the block.

**EMERGENCY INFORMATION:**

- Emergency services are available at Plan hospital emergency departments 24 hours a day, 7 days a week. If you think you have an emergency medical condition and you can not safely go to a Plan hospital, call 911 or go to the nearest hospital. Please see your "Evidence of Coverage" for more details on your coverage and benefits.