

Patient Information

Epidural Steroid Block

Patient discharge information for Epidural Steroid Blocks

Doctor.....

Discharge Date.....

Pain Management

It is fine to take your regular medications after your procedure unless specifically instructed otherwise. However, should you develop:

- worsening back pain
- numbness and/or weakness in your legs
- lose control of your bowel and/or bladder
- develop fever after your procedure

Please inform us at the Pain Management Unit immediately on 8204 5351.

Out of office hours you may contact the FMC Emergency Department or visit your local doctor for a review, but it is important that the Pain Management Unit is notified.

Care of injection sites

You need to check your wound for any of the following symptoms that may be caused by infection:

- Redness
- Swelling
- Increased pain
- Fever
- discharge from the wound / injection site.

If you have any of these symptoms you need to notify the Pain Unit during office hours on 8204 5499. You may contact the FMC Emergency Department or visit your local doctor for a review, but it is important that the Pain Management Unit is notified of any wound problems.



Diabetics

This procedure does use steroids. It is a possibility that your blood sugar levels will increase. Please monitor this closely for approximately one week. If you have any concerns, please contact the Pain Unit on 8204 5351.

Complications

Some patients may experience a post-dural puncture headache: this is uncommon but may occur if the needle pierces a membrane called the dura. The headache is worse when standing up and improves by lying flat; allowing time for the body to heal. Please contact us should you develop a headache after the procedure.

Bowels

To prevent constipation, you can do the following unless you have been told otherwise:

- Drink plenty of fluids
- Eat high fibre food – fruit, vegetables, bread and cereals
- Go for short walks if possible
- Sometimes you may need a stool softener such as coloxyl and senna – these can be bought at the chemist.

Driving

If you are discharged on the same day as your procedure, it is required that a responsible adult accompany you home and stay with you overnight. You may also experience some muscle soreness.

You should not:

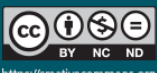
- Drive a motor vehicle or operate machinery for the rest of the day.
- Make important decisions or sign contracts
- Drink alcohol

Continuing care after our discharge

If you need medical attention in the first 24 hours after our discharge, please go to the FMC Emergency Department. If you have any further concerns after 24 hours, please contact your local doctor or, if it is serious, go to the FMC Emergency Department.



Interpreter



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