

Patient Information

After Epidural Steroid Block

Doctor

Procedure Date.....

Pain Management

It is fine to take your regular medications after your procedure, including blood thinners unless specifically instructed otherwise. The procedure involves injecting both local anaesthetic and steroid, so often you have an initial improvement in your pain while the local anaesthetic is working. As this wears off the pain/ soreness may return for a few days before the steroid begins to take effect. 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.

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

If you develop any of the following symptoms that may be caused by injection:

- Redness
- Swelling
- Increased pain
- Fever
- Discharge from the injection site

Then you need notify the Pain Unit during office hours on 8204 5351 as it may indicate infection. Out of 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 also notified of any problems.

Diabetics

This procedure does involve the use of steroids. It is a possibility that your blood sugar levels will increase.

Please monitor this closely for approximately one week after procedure. If you have any concerns, please contact the Pain Unit on 8204 5351 or your GP.

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 down. Please contact us should you develop a headache after the procedure.

If this does occur, the best course of action is to drink plenty of fluid and lie down flat and rest for a few days. The body will eventually heal.



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

As you have had a procedure, it is recommended that you do NOT drive home afterwards.

You should not:

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

Activity

You should be able to return to normal gentle activities around the house, but you should not return to work on the day of the procedure or do any heavy lifting or heavy manual activity.

The nurse will talk to you about pacing your activity appropriately.

Continuing care after your discharge

If you need medical attention in the first 24 hours after our discharge, please go to the FMC Emergency Department.

Follow-up appointments

FMC appointment

No Yes

You will receive an SMS with appointment details.

Local Doctor/Referring doctor

No Yes in _____ days/weeks/ as needed

Additional Information

Resources “Manage Your Pain” book published by ABC Books. Cost: approx. \$35.



This document has been reviewed and endorsed by consumers.



Government of South Australia

Health

Southern Adelaide Local Health Network