

**Discharge Instructions Following a Steroid Injection**

**Instructions:**

1. **Rest today:** No strenuous activity or activities that causes pain or discomfort. Tomorrow you may resume your normal activities as you are able.
2. **Keep the injection site clean and dry:** You may shower, but not submerge injection site for 48 hours.
3. **Use an ice pack for the first day.** Alternate 20 minutes on and an hour off.  **DO NOT USE HEAT** during the first 48 hours.
4. **You may have increased pain at the injection site:** Some pain is normal, and it should decrease in 1-3 days. It can take up to 2 weeks to see relief from the steroid.

**Common side effects:**

1. It is typical to experience soreness at the injection site.
2. Common steroid side effects include temporary facial flushing, insomnia, increased blood pressure, increased blood sugar levels and menstrual irregularities.
3. You may notice temporary weakness or numbness in the treated extremity. If this persists beyond 8 hours, contact the clinic or proceed to the Emergency Room.
4. You may develop a non-positional headache that resolve within 24 hours.

**If you have any questions or concerns, please call:**

**Dr. Beecher 435.613.7246**

**Notify MD or nurse if you have:**

* Increased severe pain
* Skin redness or swelling at injection site
* Hives or itching
* Excessive bleeding
* Temperature greater than 102
* Loss of bowel or bladder function
* Headache that worsens with sitting upright and resolves with lying flat

**This injection may be repeated every 3 months if you receive adequate relief. If you have not received adequate relief after 3 weeks, please contact Dr. Beechers office to schedule a follow up and discuss further treatments options.**