



After Your Epidural Steroid Injection

Usually there is noticeable improvement after an epidural injection within one to two days after the procedure. Occasionally the benefit may take as much as 3-5 days to become evident. The benefits may be permanent or may last 3-6 weeks or more, depending on the underlying condition.

It is possible that the patient may experience soreness or aching following the injection for one to two days, and occasionally longer than a week. Occasionally, numbness in the area of the injection may be noted, which usually resolves in a short time period. There may be minor bruising at the injection site. The potential risk for infection is quite low because of the use of careful technique and skin preparation.

You should resume your normal medications after the procedure. Prescription and over-the-counter medications may be used to help with pain.

Stretching throughout the day is usually helpful. There are no activity restrictions and movement is encouraged. You should resume exercises that you have been taught for your condition.

Most patients with pain and symptoms from a disk herniation and/or nerve irritation have substantial pain reduction and improved function with 1-3 epidural and selective nerve injections. There may be no clear benefit, which usually means that other structures are causing your pain problem. Careful reassessment of the regions treated at each visit will usually result in an improved outcome, as other treatments may be directed at other possible pain generators. Discussion with your physician will help to determine whether further treatments or a change in the treatment plan will likely result in resolution of your problem.

Center for Healing And Regenerative Medicine

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