

## POST INJECTION ADVICE

### **Optimal time frames for the procedure to take full effect:**

It may take up to 2-4 weeks before you really start to notice Relief from the injection. The purpose of the injection in the majority of cases is to reduce inflammation in the specific area and therefore reduce pain. However, please note that in some cases symptoms may not improve with steroid injection.

**Driving:** It is advisable to have somebody to drive you home. The local anaesthetic may cause you to feel a residual numbness and tingling sensation on the affected area for up to 12 hours after the procedure. We advise that you should not drive for the remainder of the day.

### **Activity:**

We advise that you do not do any activity that would aggravate your symptoms or the affected area for at least 7 – 10 days. Consult your Physiotherapist or Doctor for specific advice.



Suite 10

The Sports Surgery Clinic

Santry Dublin 9

Phone: 01-5262227

Fax: 01-5262232

E-mail address [info@neurospine.ie](mailto:info@neurospine.ie)

**This information is not intended to replace your doctors or health team advise. If you require more information please contact your treating physician or Pain Consultant.**



## Image Guided Injection

INFORMATION AND ADVISE

Your business tag line here.



The aim of this booklet is to provide you with a brief overview relating to injection treatments and to answer some questions you may have.

Your injection will be performed under CT guidance by either a Consultant Radiologist or a Pain Management consultant depending on what injection is being undertaken. Your doctor will be able to explain fully what to expect and describe your procedure and the risks in detail.

Injections are either targeted into the facet joints or around specific nerves or sometimes in soft tissue trigger points.

Injections can help your pain by reducing some of the pain signals and through pain relief may be short acting, some people can get significant long lasting pain relief from these injections. It may not be a cure. Sometimes injections are used as a diagnostic tool to help identify an area of pain.

Injections usually contain a local anesthetic often with a small amount of steroid. The injection is usually undertaken alongside other treatments such as Physiotherapy.

## BENEFITS OF SPINAL INJECTIONS

- Temporary or prolonged reduction of inflammation in the region of the spine that causes the pain.
- Allows the body time to enhance healing
- It can act as a diagnostic tool to confirm the exact site that is generating pain particularly in patients who may have multi segmental cause of pain.
- It can reduce the need for invasive procedures

## PLEASE LET US KNOW

If you are on anticoagulant or anti platelet medicines that “thin the blood” such as Warfarin, heparin, clopidogrel

If you have an infection in your body or on the skin of your back. Treatment will need to be postponed until the infection is cleared.

If you suffer from Diabetes the use of steroid may cause your blood sugars to alter requiring monitoring and adjustment to your diabetic medication.

If you have any allergies

You must inform the doctor if there is any chance that you could be pregnant.

## LIMITATIONS

A spinal injection is usually highly effective in acute conditions and has a lower success rate when the problem is longstanding.

Each patients response can vary. If injections do not help relieve the pain we will probably recommend an alternative treatment.

## Side Effects

As with any procedure, side effects may occur. These are usually minor and there is little risks of serious harm but your doctor will advise of any more serious ones.

Side effects may include

- Mild local tenderness and or bruising at the site of the injection, that usually settles over the first few days.
- The local anesthetic may rarely spread causing some numbness and or weakness. Should this occur the effects are temporary and will rapidly resolve over minutes or rarely hours.
- Infection this is rare – You should seek medical help if there is warmth or redness over the site of the injection with tenderness and or you feel hot, feverish or unwell. This may require antibiotic treatment
- Facial Flushing: The face may become red, warm and flushed, this can occur n up to 5% of people lasting typically from 24 – 72 hours
- Steroid Flare/Flare of symptoms: if this occurs it can last between 24 – 72 hours post procedure. This is as a result of a local bodily reaction to the cortisone steroid injection which may aggravate your pain/symptoms before they get better. Rest, an ice pack to the affected area and oral anti-inflammatory (if required and not contraindicated) may help with this.
- Nerve injury occurs rarely and serious nerve injury is very rare.