



STANFORD INTERVENTIONAL SPINE CENTER

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Patient Information and Instructions Following Spinal Injections

- You may experience an aggravation of your usual pain after the injection for 24 to 48 hours, during which the local anesthetic effect has subsided prior to onset of antiinflammatory effect from corticosteroid, which may take several days.
- Should you have increased pain after the injection, you may apply ice to the area for a duration of no more than 15-20 minutes each time, 4-5 times per day, as needed for pain.
- Provided that you do not have an allergic reaction to the medication and you do not have liver problems, you may take Tylenol as needed for pain, no more than 4 grams per day, for the first 24-48 hours.
- Please resume all your previous medications immediately following the procedure.
- Please seek immediate medical attention for fever, chills, increased pain, weakness, sensorimotor changes, or bladder and bowel loss of function.
- Please follow up with the referring physician 2-3 weeks following the procedure.

Should you have any questions, please call (650) 736-0633.