

# Epidural Injection

This handout provides information about what you might expect to happen following an epidural injection. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

**If you received a light sedation for your procedure today, you should not drive, sign documents or make important decisions for the next 24 hours.**

This injection is intended to test your pain and to provide you with some pain relief. The injection usually has a local anaesthetic and a cortisone component.

After the procedure you will be given a 14 day pain chart to record your early response to the injection.

- Once the local anaesthetic wears off you may experience some discomfort from the needle site/s.
- Do not be concerned if your usual pain flares for 24 - 48 hours. This happens approximately 5% of the time and usually settles quickly.
- It is not uncommon to get a numb or weak leg for several hours after this procedure. You must not drive while any numbness or weakness remains.
- Avoid taking painkillers for the next 5 hours if possible. If you do take them, please note this on your pain chart accordingly.
- If your injection has included cortisone you may experience mild reactions like facial flushing or a feeling of feverishness (without an elevated temperature). These symptoms can be relieved with a simple antihistamine available from your local pharmacy.
- You may return to all your usual activities as soon as you feel ready unless directed otherwise.

## Completing your pain chart

- Chart your pain compared to your usual pain.
- Test your pain – if you only experience pain during a certain activity or when moving in a certain way, make sure you repeat that activity or movement to see if your pain has changed.
- Try to identify any component of your pain that changes or disappears, or any changes in your range of motion, such as being able to move more easily – mark these changes on the pain chart.
- When recording daily scores, chart the worst pain that you have experienced during that day.
- Do not record the local soreness of the injection site/s.

## Returning your pain chart

- It is essential that you return your pain chart to the clinic so that a treatment plan can be devised. If you don't hear from us within 2 weeks of sending it back, consider contacting the clinic to ensure that the chart has been received.
- When your pain chart has been assessed you will be notified of the next step in the process.

## To return your pain chart

Email: info@metropain.com.au

Fax: 03 9595 6110

Post: Metro Pain Group, Ground Floor, 271 Clayton Road, Clayton VIC 3168

Please keep a copy for your records.

## FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au  
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.