



**Associate Professor Peter Hebbard MB. BS. PG Dip Echo. FANZCA**

## **DISCHARGE INFORMATION FOR DAY SURGERY PATIENTS**

### **EPIDURAL STERIOD INJECTION**

Your epidural should have worn off completely before you are able to go home. You should take medications as prescribed for any pain.

Some temporary back discomfort is common after an epidural injection. There is some unavoidable bruising to the skin and ligaments. This discomfort is generally mild and settles within a few days.

Headache is also a potential side effect of epidural injections. If you experience headache you should rest, use analgesics and drink plenty of fluids. If the headache is severe, if you have double vision or if it persists longer than 2 days you should contact the hospital.

The full effect of the injection cannot be assessed for at least one week after the procedure. After the initial pain relief you may experience further relief over the next 7 days.

Should you have increasing discomfort, difficulty passing urine or numbness, tingling or weakness of your lower limbs you should contact the hospital