

After your image-guided injection

Looking after yourself in the first few days

On the day

- ☐ Rest for the remainder of the day and avoid strenuous activity
- ☐ Do not drive for the rest of the day; arrange for someone to take you home
- ☐ You may eat and drink normally unless told otherwise
- ☐ Keep the small dressing on for 24 hours

What is normal

- ☐ Mild soreness at the injection site for one to two days
- ☐ A temporary increase in your usual pain before it improves
- ☐ Facial flushing or a slight rise in blood sugar if a steroid was used
- ☐ Steroid medicine can take up to two weeks to take full effect

Helpful tips

- ☐ Use an ice pack wrapped in a cloth on the area for 10 to 15 minutes if sore
- ☐ Return to gentle activity the next day and build up gradually
- ☐ Continue your usual medicines unless advised otherwise
- ☐ Record your pain levels daily so we can review your progress

Contact the clinic or seek urgent care if you notice: fever, increasing redness or swelling at the injection site, a severe headache when sitting or standing, new weakness or numbness, or loss of bladder or bowel control.