



# Pain Consultants of San Diego

7051 Alvarado Road, #101  
La Mesa, CA 91942  
Phone: 619-625-1144 Fax: 619-872-0964

You have had a Lumbar Epidural Steroid Injection today.

No driving today.

No alcoholic beverages today if you have had sedation.

**UNLESS YOU HAVE BEEN INSTRUCTED TO BE ACTIVE AND FILL OUT A PAIN DIARY**, rest today and you may resume your normal activities tomorrow. If steroid was used in your procedure, common side effects include flushing sensation often felt in the face; it should subside rather quickly.

If you are a diabetic and steroid was used, please monitor your blood sugars closely, we recommend 3 times a day for the next 10 days and report consecutive readings of 200 or higher to your primary care physician. Explain to them you have had an epidural steroid injection.

No swimming or soaking in bath tubs or hot tubs for 72 hours to allow injection site to heal.

Report any symptoms of infection such as redness and drainage accompanied by a fever of greater than 100.5 to Pain Consultants of San Diego (619) 625-1144. If after hours of M-F 9-5 please report to Scripps Chula Vista Emergency Room or the nearest emergency room. Bring this paper with you!

You may remove bandaid dressing a few hours after injection.

You may use ice over the injection site but avoid heat for first 48 hours as heat may cause inflammation.

Please contact the medical assistant at (619) 625-1144 in 7-10 days as follow up. Please leave detailed information about whether or not the injection has helped and how you are feeling. If you are pain free or your pain is tolerable when you leave the message, we want you to contact our office when your symptoms start to return to schedule a repeat injection. If you are still having a lot of pain after the first injection, the nurse will contact you after you leave your message to schedule a follow up appointment or a repeat injection.

**If you were given a pain diary, Please fill it out!**

You may fax it to us at (619) 872-0964 or mail it to: Pain Consultants of San Diego, 7051 Alvarado Road, #101, La Mesa CA 91942. Alternatively, you may email it to [Samantha.Paincsd@gmail.com](mailto:Samantha.Paincsd@gmail.com)

You may resume all of your scheduled medications unless you were directed otherwise.