



The doctor has done a lumbar/caudal injection in your lower back to see if those nerves are causing your pain and to decrease pain and inflammation.

You will feel sore at the injection site for the next 2 to 4 days. You may apply ice to the site for 20 minutes on, and 20 minutes off to decrease pain and discomfort, if you needed for the first 48 hours. After 48 hours, you may use heat if needed.

Your pain may subside right away, or it may take a number of days. Some patients have noticed no change in their pain for up to 2 weeks. There may be a time you feel like you have more pain. This is called pain flare. If this happens:

- Limit your activities for the first 24 hours to those that you can do without pain.
- Keep taking your pain medication as prescribed.

Sometimes, patients experience facial and neck flushing, anxiety, nervousness, mood swings, and difficulty sleeping with the use of steroids. The symptoms most often occur within the first 24 to 48 hours and do not require any treatment. They should go away on their own within one week.

If you have diabetes, steroids will cause your blood sugar to increase. Make sure your primary doctor is aware of this and that you have orders to treat your blood sugar to keep it within your normal range.

You may have some weakness for the next 3 to 5 hours, so be careful. No baths or soaking of the site for the next 48 hours. Taking a shower is okay.

You may resume taking your routine medicines after the procedure. This includes your pain medicine.

You will be given a pain log to complete for the next 10 days. Complete this form. Make a copy for your own records. Then, mail it back to us at the address listed below. We will need this information to decide the next step in your treatment plan.

If you have any questions or need to make a follow up appointment to discuss your results, please contact us within 2 to 4 weeks after the injection.

Signs of infection:

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart.
- Increased redness, swelling around the site.
- Any drainage from the site.

If you have any new symptoms or signs of infection please call Dr. Kassar at 219-836-2096 or visit your nearest emergency facility.