

# NEUROSURGICAL CONSULTANTS, INC.

LINDEN BUILDING – FIRST FLOOR  
800 WASHINGTON STREET  
NORWOOD, MA 02062- 6615  
(781) 769-4640  
Fax (781) 769-3808

[www.neurosurgical-consult.com](http://www.neurosurgical-consult.com)

MICHAEL H. FREED, M.D., FACS, ABNS  
MARC H. FRIEDBERG, M.D., Ph.D., FACS, ABNS  
MICHAEL GIEGER, M.D., ABNS  
ROBERT P. NAPARSTEK, M.D., M.S., FACOEM

CRANIAL SURGERY  
MICRONEUROSURGERY  
SPINAL INSTRUMENTATION  
COMPREHENSIVE NON-OPERATIVE SPINE CARE

## POST INJECTION INSTRUCTIONS

Generally, there are no side effects from the drugs used for steroid injections at NCI. Occasionally, a patient may experience some discomfort at the injection site from the needle insertion. When this happens, it is usually not noticeable until an hour or two after the injection, when the local anesthetic wears off. It usually subsides without special treatment. You may use your usual pain medications after the injection.

If you were told to stop anticoagulant therapy (blood thinners, aspirin) or anti-inflammatory medications in preparation for your injection, they can be resumed on the day after your injection.

You will be asked to remain in our waiting room for a period of time after the injection. After you leave, as long as you feel OK, you do not have to limit your activities. Icing the injection site for fifteen minutes four times per day for four days will help discomfort from the injection.

On rare occasions, patients may experience a spinal headache after an epidural steroid injection. Lying down flat usually helps. Also, drinking fluids to maintain hydration helps. Spinal headaches usually resolve in a few hours, but sometimes will persist longer. If you are still having headaches by the following morning, you should call your doctor.

If you develop worsening pain, numbness, weakness, or fever over 101 degrees Fahrenheit, you should call our office. If you call at a time when the office is closed, your call will be forwarded to our answering service and the on call doctor will be notified.

Michael H. Freed, M.D.  
Marc H. Friedberg, M.D.  
Michael Gieger, M.D.  
Robert P. Naparstek, M.D.