

## **FACET JOINT INJECTIONS / NERVE ROOT BLOCKS / CAUDAL EPIDURAL**

### **DISCHARGE ADVICE**

#### **Pain relief:**

- Take regular analgesia (pain killers) for the first 24 to 48 hours following your procedure, this is to keep on top of the pain relief or discomfort you may have. Some patients find that the pain may become worse after the injections for the first few days before gradually improving.
- You may experience some numbness or weakness in your legs from the local anaesthetic that has been injected, this is expected and usually resolves within about 12 to 24 hours, be careful when walking that this weakness does not cause you to fall.

#### **Diet:**

- You may eat and drink as usual following your procedure, however if you have had sedation, it is suggested that you avoid alcohol for the first 24 hours and also while you are taking strong painkillers as alcohol may potentiate the effects of the medication you have had.

#### **Exercise:**

- There are no restrictions regarding exercise following your procedure.
- It is advisable for you to rest and take it easy for the first 24 hours, then as your pain allows, slowly build yourself back up to getting back to your usual level of activity.

#### **Driving:**

- If you have had IV sedation you may not drive for 24 hours following your procedure as the sedation affects your concentration levels and your reflexes aren't as quick as they should be.
- If you experience any numbness or weakness following your procedure, you may resume driving only once this has resolved.
- You need to check with your individual motor insurance for when you are covered to resume driving again.

#### **Dressings:**

- Keep your puncture site dressings clean, dry and intact for 24 hours, then remove dressings and leave them open.

#### **Return to work:**

- You may self-certify for the first 5 days following your procedure, should you require longer off work, please contact your GP for a fit note.

#### **Follow up:**

- Should a Consultant follow-up appointment be required, you will be given an appointment before you are discharged.

Should you have any concerns, contact the ward on **01443 44 9278**