

Post-Operative Instructions for Trans-Foraminal Epidural Steroid Injection

Diagnosis: Trans-Foraminal Epidural Steroid Injection

Activity:

- Take it easy for the next 48 hours, then may resume activities as tolerated. Avoid excessive bending at waist and lifting heavy objects for next 2 days.

Dressings:

- Post Operative Day #1 - Patient may remove dressings and wash over wound with antibacterial soap. May leave injection site uncovered.
- Apply ice to area as needed.
- Keep wound clean & dry.
- Observe for any signs of infection, and report it immediately to our office!

Medications:

- Resume home medications as listed on Home Medication Form.

Follow-Up:

- **Call clinic to schedule 4 week follow up appointment (318-798-4623)**

Please call the office with any questions or concerns.

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