

# Harley Street Medical Centre

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Orthopaedics (Spine)/Sport & Exercise Medicine

## Patient Information Leaflet X-ray guided Spinal Pain Procedures- Preparation & Aftercare

### Before the Procedure

Have a light meal on the day before the procedure

Avoid alcohol on the day of the procedure

Inform your consultant if

you have reason to believe you are pregnant

you are running a temperature and are feeling unwell

you are taking blood thinning drugs (Aspirin, Warfarin, Heparin)

### The day of the procedure

Avoid strenuous activities all day.

Drink plenty of water.

Continue taking your regular medications.

You may experience soreness around the injection site after the procedure. Please take suitable pain relieving tablets or apply a local ice pack for 15 minutes.

If you are having a nerve root block, make sure that you bring with you someone that can drive you home. You may experience temporary weakness in your affected leg due to the anaesthetic effect that can last around six hours. The nurse will provide you with crutches if necessary.

## **The first week after the procedure**

The benefit may take up to a week or more to develop so be patient.

You may experience facial flushes or slight increase in you discomfort for the first few days. These are minor side-effects of the drugs used and should completely settle without any consequences and are no cause for alarm.

There are rarely any serious complications from this treatment. If after the procedure you develop a high temperature confirmed by a temperature reading and you experience pain and redness of the skin over the area injected, let you specialist know.

One dose rarely causes any disturbance to your metabolism or hormonal balance. Frequent or repeated doses of medium to high doses (over 40mg depot steroid) can disrupt the menstrual cycle, cause postmenopausal bleeding, or any or all of the side effects of long-term oral steroid usage. In musculoskeletal conditions, only small doses are used infrequently so these unwanted effects are extremely unlikely to occur.

Dr Usamah Jannoun, November 2009