



PALM BEACH ORTHOPAEDIC INSTITUTE

561-694-7776

MELISA ESTES, MD

Physical Medicine & Rehabilitation

Lumbar Epidural Corticosteroid Injection

You are scheduled to receive a diagnostic/therapeutic injection to the lumbar epidural space. The injection will consist of a small amount of corticosteroid and anesthetic placed using x-ray guidance. The anesthetic medication usually wears off in 4-6 hours and the steroid medication usually does not begin the anti-inflammatory effects for at least 48 hours. It is not unusual to have increased local pain and stiffness in the area that was injected for a short period of time.

Dr. Estes requests that you **not** eat or drink (nothing by mouth) for 4 hours prior to the procedure. If you are having anesthesia, you will need to **FAST** for 8 hours prior to the procedure. **Do not** take any anti-inflammatory or blood thinning medications, aspirin, Fish Oil, Vitamin E, Celebrex, Aleve, Advil, etc. for 4 days prior to procedure. **Discontinue** Plavix or Coumadin x 4 days prior to procedure **if cleared** by your primary physician. Please continue all other prescribed medications. You **will need** a friend or a relative to drive you home after the procedure. Driving, heavy labor and sports activities are to be avoided the day of the procedure. You may resume usual activities and physical therapy the day following the procedure.

If you normally take medication in the morning for blood pressure, a heart condition or diabetes, **PLEASE TAKE THAT MEDICATION** with a small sip of water.

PLEASE BRING A LIST OF YOUR MEDICATIONS TO THE SURGERY CENTER ON THE DAY OF YOUR PROCEDURE.

If you need to cancel or reschedule your procedure, please do so a minimum of 24 hours in advance.

The office phone number is 561-694-7776 ext. 1308