

# Patient Information Sheet

## Post-Procedure Care for CT-Guided Perforaminal Nerve Root Cortisone Injection

### Introduction

You have just undergone a CT-guided perforaminal nerve root cortisone injection. This procedure involves the precise delivery of anti-inflammatory medication near the nerve root to reduce pain and inflammation. To ensure the best outcome, please follow the instructions below.

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### What to Expect After the Procedure

1. Pain Relief Timeline:
    - You may experience temporary discomfort or an increase in pain at the injection site for 24–48 hours.
    - The cortisone medication usually begins to take effect within 2–7 days.
  2. Numbness or Weakness:
    - Temporary numbness, tingling, or weakness in the treated area may occur.
    - This typically resolves within a few hours.
  3. Bruising or Soreness:
    - Mild bruising or soreness at the injection site is common.
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### Post-Procedure Care Instructions

#### Activity Restrictions

- Rest: Avoid strenuous activities for the first 24–48 hours.
- Normal Activities: Resume light activities as tolerated. Avoid heavy lifting or vigorous exercise for 1–2 days.

#### Pain Management

- Ice Packs: Apply an ice pack to the injection site for 15–20 minutes every 2–3 hours as needed to reduce discomfort, if required.
- Medication: You may take over-the-counter pain relievers, such as paracetamol (eg Panadol), unless otherwise directed by your doctor.

#### Monitoring for Side Effects

- Expected Side Effects:
    - Mild swelling, redness, or bruising at the injection site.
    - A feeling of warmth or flushing, which is temporary.
    - Cortisone Flare: A temporary increase in pain due to a reaction to the steroid can occur. This typically resolves in 1–2 days.
  - Contact Your Doctor Immediately if you experience:
    - Signs of infection: Fever, chills, or severe redness/swelling at the injection site.
    - Severe or worsening pain that does not improve after 48 hours.
    - Unusual symptoms like difficulty breathing, significant weakness, or numbness that does not resolve.
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## Follow-Up Care

1. Next Steps:
    - Attend your follow-up appointment with your referring doctor to evaluate the effectiveness of the procedure.
    - Keeping a pain diary to track changes in your symptoms, may be useful.
  2. Future Injections:
    - If needed, your doctor may recommend additional injections based on your response to this treatment.
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## When to Seek Medical Attention

Seek immediate medical help if you experience:

- Severe allergic reactions (e.g., rash, swelling, or difficulty breathing).
- Persistent or worsening weakness or numbness.
- Sudden severe headache, vision changes, or loss of bladder/bowel control.