

# Image guided nerve root injection: aftercare

You have had an image guided nerve root injection of the Left  / Right  nerve root.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

## What to expect afterwards:

- Rest, take it easy and avoid strenuous activity for the next 48 hours.
- The dressing needs to stay on for four hours.
- You may have a small area of bruising; this is normal.
- It is normal for you to experience numbness / tingling / pins and needles in the area we have injected and some patients experience this either in their leg and or buttock and occasionally the leg may feel weak / heavy / wobbly – this may last for up to 24 hours.
- A minority of patients experience a “steroid flair”. This is where the skin around the injection site becomes inflamed – red, hot, swollen and painful. It typically starts on the day of or one day after your injection and can last for up to 24-48 hours after your injection.
- Infection is a very rare complication. If after 48 hours the area is red, hot and swollen and / or you start to develop a temperature, you should go and see your GP urgently.

## What to do if you experience a “steroid flair”

Rest the area that has been injected.

Some patients also benefit from applying an ice pack and elevating the area.

You may have the following painkillers at home, which you can take if it is safe for you to do so:

- **Paracetamol** – do not take more than 8 tablets in 24 hours.
- **Anti-inflammatory** – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain.

## When can I resume my normal lifestyle?

Some activities of daily living can be carried out safely straight away. It is however important to avoid strenuous activities with the area injected for the following 24-48 hours. The area you have had injected will also be numb – therefore you can do damage and not realise it. If you try and perform strenuous activities too soon, this may cause the injected drug to spread out and not be as effective.

## When can I drive?

We advise that you do not drive on the day of your nerve root injection. This is because the leg and / or foot may be numb or you may not have full control of them. You can drive the next day provided you are confident you will be able to perform an emergency stop.

## Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Next review due: September 2025