

Lumbar Transforaminal Epidural Steroid Injection (TFESI) – Patient Instructions

Pre-Procedure Instructions

- Arrange a driver if sedation is used
- Inform us if you are pregnant, on blood thinners, or have an active infection
- Wear loose, comfortable clothing
- Bring a list of your medications
- Do not eat 2–6 hours prior if instructed

Frequently Asked Questions (FAQ)

What is this procedure?

This is a minimally invasive injection used to diagnose or treat pain.

When will I feel relief?

Relief may be immediate or may take several days, depending on medication used.

Is this a cure?

It helps control pain but does not always fix the underlying cause.

Post-Procedure Instructions

- Rest the day of the procedure
- Avoid strenuous activity for 24–48 hours
- Resume medications unless instructed otherwise
- You may shower the next day
- Ice the area if sore

Normal / Expected Effects

- Temporary soreness or bruising
- Mild numbness or heaviness
- Headache (especially after cervical procedures)
- Temporary increase in pain before improvement

Call Us Immediately If You Experience

- Progressive weakness or numbness
- Loss of bowel or bladder control
- Fever over 101°F
- Severe headache when upright
- Signs of infection
- Severe or worsening pain