

Epidural injection Aftercare Information

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Injury: Lower back pain: Lumbosacral disease.

Your pet had sedation today and may be sleepy for several hours to overnight after returning home.

Nausea is common following General Anesthesia or sedation:

- **FOOD AND WATER:** Large intakes of food and water following a hospital visit are common due to the excitement of returning home. This type of vomiting can often be eliminated by not allowing access to food or water for 2 hours after returning home.
 - o Smaller feeding the first night after sedation or anesthesia. We recommend starting with half the amount of food you normally feed to see if your pet can keep it down. If you find that your pet is hungry, you can offer food several hours later.

Convalescent period: Most clients report some improvement following the steroid epidural injection within about 4 days, however maximum benefit may occur after the second or third injection.

Rest: Your pet should be kept in a crate, playpen, or confined space at all times unless under direct supervision for a period of 2-3 weeks (until after the second injection). Some walking is allowed when your pet is stronger, but do not allow your pet to drag the hind end around as it will cause wounds on the skin.

Physical Rehabilitation: Physical therapy may be recommended for optimal results.

- (X) Laser therapy - We performed a laser therapy session today, we recommend the next treatment in about 2 weeks.
- (X) Rehabilitation therapy should be started when your pet is stronger.

Medications:

(NO) Do not give any non-steroidal anti-inflammatory medications or Aspirin at this time unless otherwise instructed.

(+/-) **Steroids:** continue current dose regiment. In some situations, oral steroids such as Prednisone, Prednisolone, Dexamethasone, or other types are available. You will be instructed on the number of tablet(s) or partial tablet to be given and the frequency. This medication is usually administered on a gradually decreasing dose which is tapered over several days to prevent side effects from suddenly stopping this medication. Steroids are used to reduce swelling in the spinal cord. Common side effects include an increase in drinking, increase in urinations, and an increase in appetite. Please continue to feed what is considered a normal amount of food to prevent weight gain during recovery. The time of the next dose that this medication is due will be noted on your discharge instructions (am/pm).

(X) Pain relieving medications: **Tramadol** 50 mg: The dose will be given in terms of the number of tablet(s) or partial tablet needed to be administered by mouth and the frequency will be noted for you (either every 8, or 12 hours) for 10-14 days as needed for pain control. This medication is an opioid and may cause sedation, mild constipation, or a decreased appetite. These side effects are related to the dose of the medication. Please call your doctor if you have concerns about any side effects. The time of the next dose that this medication is due will be noted on your discharge instructions (am/pm).

(X) **Muscle relaxant:** Methocarbamol or Valium (Diazepam) may be administered: The dose will be given in terms of the number of tablet(s) or partial tablet needed to be administered by mouth and the frequency will be noted for you (either every 8, or 12 hours) for 10-14 days as needed. This is a muscle relaxant which is used to help reduce muscle spasms following surgery. Side effects of this medication include sleepiness and sedation, please call if you have concerns. The time of the next dose that this medication is due will be noted on your discharge instructions (am/pm).

Other Medication options:

(X) **Gabapentin 100 mg:** The dose will be given in terms of the number of capsule(s) needed to be administered by mouth and the frequency will be noted for you (either every 12 or 24 hours) for a period of 2-3 months for pain control. This medication is a medication that blocks pain sensations in the brain and spinal cord and may cause sedation. These side effects are related to the dose of the medication. Please call your doctor if you have concerns about any side effects. The time of the next dose that this medication is due will be noted on your discharge instructions (am/pm).

PLEASE RETURN your pet for (X) Next epidural Depo-Medrol injection due in 2 weeks
& 4 weeks.
(X) Recheck 4-6 weeks after 3rd epidural injection.