

PATIENT EDUCATION

Epidural steroid injection

Why do I need an epidural injection?

When symptoms of pain are the result of spinal problems, an epidural injection may be considered. The pain may be the results of an injury, an accident, surgery, or normal age-related degeneration of the spine. The pain can present in the neck (Cervical Spine), mid back (Thoracic Spine), or the low back (Lumbar Spine).

Different approaches can be used to inject into the spine – Transforaminal, Caudal, and Intralaminar.

Epidural steroid injections are most commonly used to treat disc herniations, spinal stenosis, or narrowing spinal column.

How does an epidural injection work?

When the spine is injured, diseased, or degenerated, mechanical and chemical changes can cause inflammation, swelling, and irritation of the nerve. The injection of a numbing medication (local anesthetic) or saline combined with a steroid can be used to treat the inflammation. The injection treatment may be done in a series of injections. If relief is not obtained after three injections, other treatment options are usually considered.

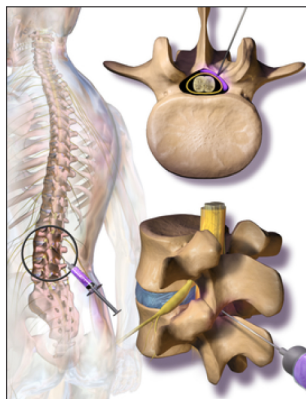
How is it done?

A number of different approaches are used to perform epidural steroid injections, depending upon your specific problem. During the procedure, you will be positioned on an x-ray table. Your skin will be numbed with a local anesthetic, and the needle is inserted into the proper position. X-ray is used to place the needle precisely. The injection is then performed.

What are the potential risks?

As with any invasive procedure, there is the risk of infection and bleeding at the injection site. There is also a chance of a spinal headache.

what you need to know



What should I expect following the procedure?

In most patients, pain relief will be noted in 2 to 7 days. It is common to have localized pain at the site of the injection for 1 to 5 days. There may be an increase in low back

and leg pain until the steroids take effect and pain relief is experienced.

These procedures are most effective when combined with other methods to control pain, including physical therapy, medication management, weight loss, smoking cessation, and other interventions.

How do I prepare?

You should continue with all therapies and medications prescribed by your doctor. If you are on a blood thinner, you may need to discontinue it prior to the procedure. We will discuss this with you before your injection.

Eat a light breakfast before the procedure.

Please register at the front lobby reception desk when you arrive. A member of the hospital staff will escort you from there. Plan to spend at least one hour at the hospital, and make sure to have someone available to drive you home.

Same Day Surgery will call you with a date and time for your procedure. *Typically, injections are scheduled on Monday and Fridays.*