



Epidural Steroid Injection Patient Education

What is an Epidural Injection?

The epidural space is located along the entire line of the spinal canal one layer superficial to the spinal fluid. Medication such as corticosteroids and/or local anesthetic is injected in the epidural space by the way of a needle or catheter.

What is the purpose of an Epidural Steroid Injection?

The corticosteroid injected reduces the inflammation and/or swelling of the tissues near the nerves in the Epidural space. This may reduce spinal pain, tingling, numbness, and other symptoms caused by nerve inflammation and/or irritation and swelling.

What type of conditions are Epidural Steroid Injections used to treat pain?

Epidural steroid injections are used to treat conditions that affect the spine from the neck to the lower back. These conditions include herniated discs, protruding discs, degenerated disc, osteoarthritis of the spine, spinal stenosis, and scar tissue or other changes following neck or lower back surgery. Patient complaints include pain in the neck, shoulder, middle or low back, arms, or legs. Patients may also have complaints of numbness or weakness in the extremities.

How is the Injection performed?

When you enter the clinic, you will be taken into an admission room where a nurse will check your vitals. Please wear loose-fitting clothing and note that you may be asked to change into a hospital gown. After your vitals are taken, an IV will be placed so that you can receive sedation during the procedure. Once you have been escorted to the procedure room, our nursing staff will then position you on narrow table. The site of the procedure will be cleaned with iodine and sterilely draped. Once sterilized, the physician will numb your skin with a small needle – the numbing process may sting.

Do your best to lay still and let us know if we are causing you discomfort.

During the injection your blood pressure, pulse and breathing will be monitored by the nurse or anesthesiologist. The procedure involves inserting a needle through the skin and deeper tissues. There may be some mild discomfort from the placement of the needle.

Will the Injection(s) hurt?

There is minimal discomfort with the injection. You may experience an increase in your pain until the medication takes effect within 24-72 hours after the injection. You will need to take your pain medication or an OTC medication for the discomfort for the first day. A small ice pack may help relieve the discomfort of the needle insertion site for the first 24 hours. It is not unusual for the tenderness to last 1-3 days following the injection. If the pain persists after 24 hours a heating pad may feel good to your back. Inform your doctor or nurse if pain persists or worsens.

What are the side effects and risks associated with Epidural injections?

The risks involved include the following: infection, bleeding, bleeding inside the Epidural space with nerve damage and worsening of your symptoms. Diabetics may notice an increase in their blood sugars and should monitor this closely. Another side effect includes water retention. The procedure is performed under sterile conditions and the use of x-ray



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to guide the physicians' needle placement. However, it does have an associated risk due to the location of the needle placement and the medications used. The probability of the associated risk is low with this type of procedure.

How long does it take for the injection to work?

If the physician uses a local anesthetic with the steroid you may notice that your pain may be gone or quite less immediately after the injection. However, this local medication will wear off and the steroid will take 24-72 hours to start working. Your pain will return, and you may have a "sore back" for a day or two. Some patients may take up to seven days to notice the full effect of the medication. Most patients do experience partial relief after the first injection.

Subsequent injections are performed to increase the degree of pain relief.

How long does the pain relief last?

The injected depo-corticosteroids are fat-soluble and generally are active for about one month. Clinical relief depends on several factors. The most important is the nature of the patient's condition. Healing after injury may take 6 months to one year. In other cases, the condition is chronic, and injections may be needed on an intermittent basis. You will be encouraged to go through physical therapy for strengthening exercises during the period of time when the spinal pain has been reduced. You should continue these exercises on your own at home. Proper instruction may require follow up with a physical therapist.

What about physical therapy?

Physical Therapy and rehabilitation are essential in treating many patients with spinal conditions. By making the muscles around the spine into a "muscular corset", loads can be reduced on the nerves, disks, and joints of the spine. One of the major goals of the epidural steroid injection is to reduce pain and allow the patient to participate more effectively in physical therapy. Weight loss is also indicated to help reduce the natural stress on the body from an excessive amount of weight.

What if I do not have any relief from the Epidural injections?

If you do not receive benefit from the epidural injections, other structures may be responsible for your pain. This could include the disk, joints, ligaments, or muscles surrounding the spine. You may require further imaging studies or other diagnostic injections to better identify and treat the source of your spinal pain.

Things to Do Before the Procedure

- Any dietary restrictions will be discussed on the day the procedure appointment is booked.
- Take all your medications as scheduled on the day of the procedure, unless directed otherwise.
 - Think of any questions for us and write them down.
 - Make the nurses and doctors aware of any new changes in your medical condition.
- Before you come in, let us know if you are taking any blood thinners (e.g., aspirin, Coumadin, Plavix, Pletal) or anti-inflammatories.
 - Please remember to arrange for an adult to drive you home.

If you have questions about this procedure, please see a Southern Coast Specialists representative.

If you are interested in learning more about our practice or treatment solutions, please visit SCSpecialists.com