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Dear Patient,

Your provider has recommended that you have a spinal injection to help reduce pain and improve function. Injections are a less invasive, relatively conservative treatment option for pain. They can be more effective than an oral medication because they deliver medication directly to the anatomic location that is generating the pain. They can help relieve pain by reducing inflammation. An injection can also help your provider identify the source of your pain by numbing certain areas of your back, arm, or leg. The type of injection you receive is based on your specific symptoms and the physical examination performed by your health care provider

EPIDURAL STEROID INJECTION

Procedure Date: _____ Time: _____ Provider: _____

Follow up Date: _____ Time: _____ Provider: _____

How is the injection performed?

A local skin anesthetic is given, numbing the area of the injection. A spinal needle is then inserted into the epidural space of the spine, using an x-ray machine called a fluoroscope. A steroid (anti-inflammatory medication) is injected into the epidural space. Once injected into this space, the medication moves freely up and down the spine to coat the nerve roots and discs of the spine near the area of injection. The anti-inflammatory effects of the steroid will hopefully decrease your pain

General Pre/Post Instructions

You will be given a local anaesthetic. This means that you will be conscious but the area of the injection will be numbed. You will be able to perform your regular daily routine including meals, medications, driving and working before and after the injection. Of course, this is individually based and you should do only what is comfortable for you.

If you are taking a blood thinner like coumadin, warfarin, plavix, or lovenox, please be sure to let your provider know at least 10 days before the scheduled procedure date. We will need to discuss with your physician stopping or tapering the blood thinner in order to safely perform the procedure without risk of bleeding.

Expected Time of Procedure

The procedure itself will be between 20 and 30 minutes. You should plan on being in and out of the clinic in 30 to 45 minutes. This time could vary depending on the daily schedule.

Expected Results

Generally, pain relief is expected 2-4 days following the injection if the medication reaches the inflamed area or source of pain. Each patient will respond differently to the injection, and the degree and duration of the pain relief will differ.

Post Injection Instructions

Minor side effects are possible but rare including headache and/or increased pain. You can resume your normal activities, using pain as a guide to your level of activity. Sometimes an ice pack or an anti-inflammatory like ibuprofen will help minor pain from the injection. Please contact us with any other questions or concerns following your injection.

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Additional Information

Our office will contact your insurance regarding the benefits and preauthorization for your injection. You may contact our office with any questions regarding your coverage. Family members, as always are welcome in our office, however, for privacy purposes they will not be able to accompany the patient to the procedure room.

For questions regarding scheduling or insurance call Annie at 262-7246 x114.