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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. The type of injection you receive is based on your specific symptoms and the physical examination performed by your health care provider.

SELECTIVE NERVE ROOT BLOCK

How is it done?

A local skin anesthetic is given, numbing the area of the injection. A spinal needle is then inserted into the area adjacent to the nerve root. An anesthetic (numbing agent) and a steroid (anti-inflammatory medication) are injected into the area surrounding the nerve root.

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, please be sure to let your provider know. You may be prescribed an oral sedative, such as valium. If so, you will need to have a driver on the day of your procedure. You will want to take the oral sedative one hour before your scheduled time.

Expected Results

Generally, pain relief is expected immediately 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. Minor side effects are possible but rare including headache and/or increased pain. Please contact us with any questions or concerns following your injection.

Expected Time of Procedure

The procedure itself will be between 25 and 35 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.

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.

Procedure Date: _____ Time: _____ Provider: _____

Follow up Date: _____ Time: _____ Provider: _____

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