



CERVICAL, THORACIC, AND LUMBAR SELECTIVE NERVE ROOT BLOCKS

What is a nerve root and why is a selective nerve root block helpful?

Nerve roots exit the spinal cord and form nerves that travel into the arms, legs and chest. These nerve roots may become inflamed and painful due to compression or irritation from things like herniated discs or bone spurs. A selective nerve root block involves placing a temporary anesthetic (numbing) medication around a particular nerve root. The physician uses the response to this injection to determine whether or not this nerve root is the source of pain. By confirming or denying a patient's typical pain, this injection provides information allowing for proper treatment.

What happens during the procedure?

You will lie face down on a procedure table. The physician will use fluoroscopic (x-ray) guidance to visualize the spine. The physician will scrub your skin with sterile soap and place a drape on your spine. The physician will numb a small area of skin with anesthetic medication. After the anesthetic has been given time to be effective, the physician will then direct a very small needle using fluoroscopic guidance into the space around a particular nerve root. The physician will inject a small amount of contrast (dye) to insure proper needle position and then a small mixture of anesthetic and steroid around this nerve root.

What happens after the procedure?

Immediately after the procedure, you will go to a recovery area where you will be asked to rate your pain on a pain scale. You may be asked to move around and try to imitate something that would normally bring about your typical pain. You may be provided with a pain log in order to rate your pain relief for the next several hours after the procedure. The physician will use this information to plan for your further care. Of note, your arm(s), leg (s) or chest wall may feel weak or numb for up to several hours after the procedure. You will not be able to drive the day of the procedure.

General Pre-op and Post-op Instructions:

- You will be scheduled at one of the facilities listed below. You will be at the facility approximately 1-1.5 hours total.
- You will be required to have a responsible adult drive you home.
- You should take your routine medications (ie. blood pressure, diabetic medications) the day of your procedure.
- If you are taking Coumadin or blood thinners, please notify the office immediately.
- You must not eat any food six hours prior to your appointment.
- You may have sips of clear liquids up to two hours prior to your appointment
- You may want to wear loose, comfortable clothing to your appointment.
- You may return to your normal activities the day after your procedure, including returning to work.

Location of Procedures:

- Desert Spine and Sports Phoenix office: 3700 N 24th Street, Ste 210. Phoenix, AZ 85016
- Desert Spine and Sports Mesa office: 6634 East Baseline Rd Suite 101, Mesa, AZ 85206
- Desert Spine and Sports Scottsdale office: 8670 E Shea Blvd Suite 102, Scottsdale AZ 85260

If you need to reschedule this appointment, please give 24 hours notice and call **602-840-0681**.