



CERVICAL, THORACIC, AND LUMBAR EPIDURAL STEROID INJECTIONS

What is the epidural space and why is an epidural steroid injection helpful?

The epidural space is the space outside the dural membrane which covers the spinal cord and nerve roots. Nerves travel through the epidural space from your spine into your arms and legs. Things like herniated discs or bone spurs may compress or irritate these nerves which cause inflammation and pain in these areas. With an epidural injection, a steroid is placed into the epidural space in order to decrease this inflammation and relieve your pain.

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 epidural space around the 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 the nerve root (s).

What happens after the procedure?

Immediately after the procedure, you will go to a recovery area where you will be monitored for approximately 15 minutes. Of note, your arm(s) or leg(s) may feel weak or numb for 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 E. 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**.