



# Caudal Epidural Steroid Injections: A Comprehensive Guide

At Desert Spine and Sports Physicians, caudal epidural injections involve our [non-surgical specialists](#) injecting medication into the epidural space near the tailbone to reduce inflammation and block pain signals traveling from the lower back or tailbone to the spinal cord and brain. The injected medication, a combination of local anesthetic and corticosteroid, alleviates pain by numbing affected nerves and suppressing the inflammatory response.

## What is a Caudal Epidural Steroid Injection and How Does it Help?

The epidural space is outside the dural membrane, covering the spinal cord and nerve roots. Nerves travel through the epidural space from your spine into your legs. Things like herniated discs or bone spurs may compress or irritate these nerves, causing inflammation and pain in these areas. With a caudal epidural injection, a steroid is placed into the lowest part of the epidural space near the tailbone.

The primary goal of this procedure is to deliver medication directly into the epidural space to reduce inflammation, numb pain signals, and provide lasting pain relief for patients.

Conditions that may benefit from caudal epidural injections include:

- Lumbar disc herniation
- [Radiculopathy](#)
- Chronic back and leg pain associated with these spinal disorders
- [Spinal stenosis](#)
- Coccydynia or tailbone pain

## The Injection Procedure: Step-by-Step Explanation

- You will lie face down on a procedure table.
- The physician will use [fluoroscopic \(X-ray\) guidance](#) to visualize the lowest part of the spine.
- The physician will scrub your skin with sterile soap, place a drape on your back, and 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 small needle using fluoroscopic guidance into the sacral hiatus (bony opening) of the epidural space, which is near your tailbone.
- The physician will inject a small amount of contrast (dye) to ensure proper needle position and then a small mixture of anesthetic and steroid into the caudal epidural space.

## Preparation for Your Caudal Epidural Injection

- You will be scheduled at one of our convenient locations, listed below, where you will be for approximately 1 hour total.
- You will be required to have a responsible adult drive you home.
- You should take your routine medications (i.e., blood pressure and diabetic medications) on the day of your procedure.
- Please notify the office immediately if you are taking Coumadin or other blood thinners.
- You must not eat any food six hours before your appointment.
- You may have sips of clear liquids up to two hours before your appointment.
- Wear loose, comfortable clothing to your appointment.

## What to Expect After the Injection

Immediately after the procedure, you will go to a recovery area, where you will be monitored for approximately 15 minutes. Your leg(s) may feel weak or numb for a few hours after the procedure. You will not be able to drive on the day of the procedure.

You may return to your normal activities the day after your procedure, including returning to work. Understanding [recovery and injection post-care](#) from start to finish can help provide you peace of mind.

## Caudal Epidural Steroid Injections from Physiatrists Near Me

Caudal epidural spinal injections offer a transformative approach to pain management, providing a personalized and adaptive way to alleviate pain and empowering individuals to regain control over their lives.

Our [dedicated physiatrists and sports physicians](#) administer caudal epidural spine injections at any of our five [Arizona locations](#):

### [Desert Spine and Sports Physicians - Phoenix Office](#)

3700 N. 24th Street  
Suite 210  
Phoenix, AZ 85016

### [Desert Spine and Sports Physicians - Mesa Office](#)

6634 E. Baseline Rd.  
Suite 101  
Mesa, AZ 85206

### [Desert Spine and Sports Physicians - Scottsdale Office](#)

8670 E. Shea Blvd.  
Suite 102  
Scottsdale, AZ 85260

### [Desert Spine and Sports Physicians - Peoria Office](#)

13128 N. 94th Drive  
Suite 200  
Peoria, AZ 85381

### [Desert Spine and Sports Physicians - Gilbert Office](#)

3615 S. Rome St.  
Gilbert, AZ 85297

Interested in discovering how spinal injections may be able to alleviate your back and leg pain or tailbone pain? Schedule a consultation with one of our Physical Medicine and Rehabilitation doctors today.