



Epidural Injections

What is an epidural injection?

Epidural injections can be used to reduce (not necessarily eliminate) pain from nerve irritation coming from the spine. A specialized x-ray called a fluoroscope is used to visualize the target areas allowing the doctor to place a needle and direct medication along the nerve.

Who is a candidate for epidural injections?

Epidural steroid injections are typically done for patients who have pain in a particular nerve pattern, which can be determined on physical exam. An MRI may be useful in some cases but is not always necessary. Injection therapy is most beneficial in combination with exercise or physical therapy.

What to know before the procedure:

- **We do not use general sedation.** Topical and injected anesthetics are used to numb the area being treated and is added through the procedure as needed.
- Please have a driver, as you may experience temporary numbness or weakness following the injection.
- Please call if you are on any **blood thinning agents**, as certain medications need to be stopped prior to injections.
- You do not need to be fasting. We encourage you to eat a light meal or snack prior to the procedure.
- Injected medications may include **anesthetic** type medications (lidocaine, Marcaine), **corticosteroid** (Depo-Medrol, Celestone) and **contrast dye**. If you have known ALLERGIES to any of these medications, please notify the office at least five days prior to the scheduled appointment for special instructions.

Post injection instructions:

- You do not have specific limitation following the procedure, but we generally recommend you take it easy for the first few days.
- Ice is recommended for any post-procedural pain.
- Normal activity can be resumed when tolerated.