

Epidural Steroid Injection

What is an Epidural Steroid Injection?

- Problems with discs can lead to inflammation and result in significant neck and back pain that can radiate to the arms and legs.
- An epidural steroid injection is an injection in which anti-inflammatory medication (a corticosteroid) is injected into the epidural space (an area outside of the spinal canal) in order to reduce inflammation and thereby, reduce pain in the neck, mid-back, or low back. It may also help with pain radiating down the arms or legs.
- The injection is performed under real-time x-ray guidance and needle position is confirmed with the use of contrast dye prior to the injection of the steroid.
- This injection is performed in conjunction with other treatment modalities, such as physical therapy, massage/soft tissue release, chiropractic treatment, acupuncture, and medications to help you attain the most amount of pain relief.

Risks of Injection:

- Epidural steroid injections are generally very safe. However, there are potential risks associated with them:
 - Infection
 - Bleeding
 - Nerve injury
 - Post-dural puncture headache
 - Elevation of blood sugar or blood pressure due to steroids

Prior to the injection:

- Blood thinners must be held prior to the injection to reduce the risk of bleeding. Please contact your prescribing physician for approval to stop these medications.
- Light sedation is offered for the procedure. You may not eat or drink 8 hours prior to your injection if you are receiving sedation.
- Notify your physician if you have had recent fevers, illnesses, or hospitalizations.

Injection Day and Afterwards:

- Please wear comfortable shoes and clothes. You will change into a gown at the center and lie face-down for the procedure.
- The injection takes approximately 15 minutes. Please allow 1-2 hours of time at the facility.
- Arrange for a driver to transfer you home from the facility as you may have had sedation and/or experience temporary numbness or weakness requiring assistance.
- Rest for the remainder of the day following the injection. You may resume your normal activities the following day.
- You may resume Physical Therapy 2 days following the injection as tolerated.
- Please arrange for a follow-up visit in the office 1-2 weeks after your injection.