

Cliff Gronseth, M.D.
John Tobey, M.D.
Michelle Pepper, M.D.
Marshall Emig, M.D.
Vaheed Sevvom, PA-C



Phone: (303) 494-7773
Fax: (303) 494-1104

Boulder Office (Main)
5387 Manhattan Circle #200
Boulder, CO 80303

Steamboat Office
940 Central Park Drive
Steamboat Springs, CO 80487

WHAT TO EXPECT: INTERLAMINAR EPIDURAL STERIOD INJECTION

PURPOSE: This injection relieves pain caused by a compressed nerve (or nerves) in the cervical, thoracic or lumbar spine. Conditions such as herniated discs, spinal stenosis, or radiculopathy can constrict nerves, causing inflammation and pain. The medication is placed at the level of the nerve and helps decrease the swelling of nerves.

PROCEDURE: This injection is performed in our procedure suite at our office.

- **Local Anesthetic Injected:**

The procedure is typically performed with the patient lying down on their stomach. (Intravenous sedation is usually not administered. Please see separate sedation sheet for more information). The skin and tissue overlying the region is numbed with a local anesthetic delivered through a small needle.

- **Needle Positioned:**

After the skin and tissues are numb, using x-ray guidance (fluoroscopy), your doctor guides a needle close to the irritated nerves in the back or neck. The needle is inserted into the epidural space, which is the region through which spinal nerves travel.

- **Contrast Dye Injected:**

Contrast dye is injected into the space to make sure the needle is properly positioned near the irritated nerves or nerves.

- **Steroid Injected:**

A combination of an anesthetic and cortisone steroid solution is injected into the epidural space. The steroid is a potent anti-inflammatory medication that is absorbed by the inflamed nerves to decrease swelling and relieve pressure.

- **End of Procedure:**

The needle is removed and a small bandage is applied. The patient may stay in our office until they feel comfortable to leave. The procedure takes approximately 20 minutes. Most people can drive following the procedure, with the exception of those who were sedated.

The steroid may take up to a week to take effect. Occasionally, the steroid can cause the pain to increase for 1-2 days before it improves your symptoms.

Some patients may only need one injection, but it may take 2-3 injections (administered about 2-4 weeks apart) to provide significant pain relief.

Please call us with any questions or concerns at 303-494-7773