

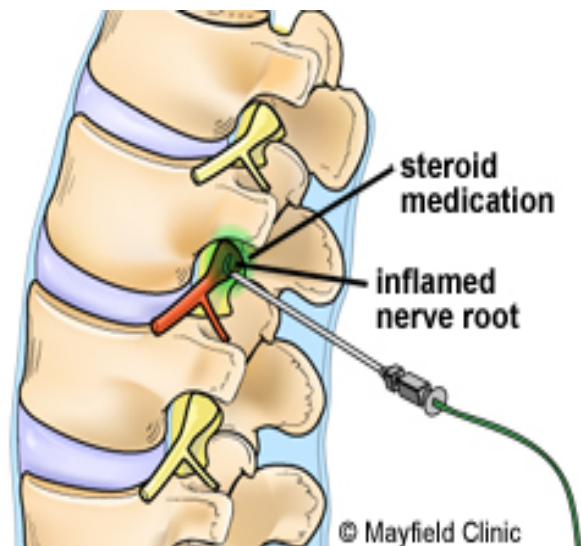
WHAT TO EXPECT: TRANSFORAMINAL EPIDURAL STEROID INJECTION

PURPOSE: This injection relieves pain caused by a compressed nerve (or nerves) in the spine. The medication helps decrease the swelling of nerves.

- The recommended injection can be used either to help diagnose your condition or for treatment. As a general rule, we use local anesthetic, not IV sedation for our procedures as sedation involves additional risk. Most people can drive after the procedure.
- *Appointments are scheduled for injections only. If there are other medical issues that you would like to discuss with your provider, please schedule a separate follow up appointment.*

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

- **Local Anesthetic Injected:**
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 spine.
- **Contrast Dye Injected:**
Contrast dye is injected into the space to make sure the needle is properly positioned.
- **Steroid Injected:**
A combination of an anesthetic and cortisone steroid solution is injected. The steroid is a potent anti-inflammatory medication.
- **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. 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. Rarely, 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 multiple injections to provide significant pain relief.