

## After the Procedure:

You may notice some mild side effects the day of the injection. They can include mildly increased pain for a day or two after the numbing medicine wears off or mild trouble sleeping. There may be numbness or weakness of the leg the day of the procedure.

## Activity after Spinal Injection

You do not need to stay in bed when you get home. You are encouraged to walk around if you feel up to it. Please avoid activities that would usually cause an increase in pain. Do not overdo it on the first day. You may resume normal activity the day following your spinal injection.

## When to call your doctor

Spinal injections are extremely safe, but with any invasive medical procedure, there are some associated risks. Rare, but reported complications include allergic reactions, infection, bleeding, nerve injury and spinal headache. Individuals with diabetes may experience a temporary rise in their blood sugar.

Notify your doctor right away if you have any of the following symptoms:

- Severe pain or headache.
- Fever or chills.
- Redness or swelling around the injection site.
- Loss of bladder or bowel control.

*We hope that this information allows you to experience your spinal injection in a positive more confident fashion.*

## SPINAL COLUMN

# Lumbar Epidural QUICK OVERVIEW

## What is a Lumbar Epidural?

- An injection of medicine into a pain generator near your spine.

## What to Expect:

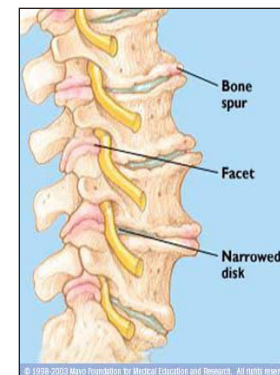
- Before the procedure
  - ~ Please see your neuromuscular specialist for instructions on getting ready for your procedure.
- During the procedure
  - ~ The injection process generally takes 15 - 30 minutes.
  - ~ Your skin will be cleansed and numbed.
  - ~ A thin needle is directed toward your pain generator.
  - ~ Cortisone and numbing medication is injected in or around your pain generator.
- After the procedure
  - ~ There may be mild side effects the day of the injection; this may include slight pain.
  - ~ You may resume normal activities the following day.



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# Lumbar Spinal Injection



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## PATIENT EDUCATION SERIES

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## Your Neuromuscular Specialist Has Recommended A Lumbar Spinal Injection

### Spinal Injection: What is the Goal?

Spinal injections can be used to reduce (not necessarily eliminate) pain from several common spinal conditions. These include lumbar disc herniation, spinal stenosis (narrowing), facet syndrome and sacroiliac pain.

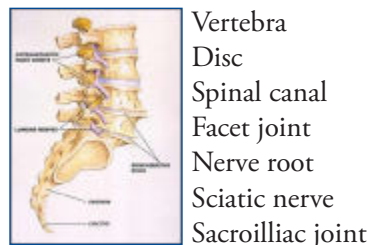
Using a specialized type of x-ray equipment called a fluoroscope, your neuromuscular specialists will direct a cortisone type medicine and local anesthetic (numbing medicine like you get at the dentist) directly to the area that is thought to be causing your pain (your pain generator). Areas that are frequently treated include the epidural space (epidural injection, right near the nerve root), facet joint and sacroiliac joint.

These injections are expected to reduce, but not necessarily eliminate your pain.

These injections can also help make a diagnosis of your exact pain generator. If your pain reduces significantly after injection, this confirms that the structure injected is one of your pain generators.

### Understanding Anatomy

We would like you to educate yourself about your back structures. This will help you understand how your injection can help relieve or locate your pain.



\*You may have been diagnosed or understand your pain to be caused by “sciatica”. This almost never has anything to do with the actual sciatic nerve. A pinched nerve in your back causes pain running down your leg in the same area as the sciatic nerve, thus an older term for this type of pain is “sciatica”.

### Possible Injection Sites

- ~ Epidural Space
- ~ Facet Joint
- ~ Sacroiliac Joint

### Getting Ready

- If you have not been seen in our office before, please provide a list of all medicines you take including aspirin and anti-inflammatories (you may need to stop taking some of them before the injection).
- You must have a responsible adult to drive you home after your procedure.
- If you take blood thinners such as Coumadin, heparin or Lovenox, you cannot have a spinal injection. You will need to consult the doctor that prescribes your blood thinner regarding temporarily stopping these medicines.

- Two days prior to your injection, you need to stop taking all anti-inflammatory medicines or aspirin based products. These medicines include, but are not limited to Motrin, ibuprofen, Advil, Aleve, Anaprox, Arthrotec, Bextra, Celebrex, Clinoril, Daypro, Indocin, Lodine, Nuprin, Naprosyn, Relafen, Plavix, Ticlid. These medicines increase the chance of bleeding at the injection site.

If you have allergies to iodine dye, cortisone type medicines, or local anesthetics (like Novocain or “numbing medicines” that you might get at the dentist) you should notify our office at least five days prior to the scheduled appointment for special instructions.

### During the Procedure

The actual spinal injection takes just a few minutes. There are some preparatory procedures and post injection care you may get. The entire procedure typically takes no more than 15 to 30 minutes. You will be placed in a comfortable position on your side or stomach, depending on where the injection will be given. Your skin will be cleansed prior to the injection. Your skin will be numbed with a small injection under the skin or freezing spray, depending on the type of injection you will receive. Using specialized x-ray equipment, a thin needle is directed toward your pain generator. A solution of a cortisone-type medicine and numbing medicine is injected near or into the pain generator. Sedation is rarely necessary, but in special circumstances, a mild oral sedative may be prescribed prior to the procedure. Following the injection, you will be monitored for about 15 minutes before being discharged to go home. Again, you must have a responsible adult to drive you home.