

## Pain Management

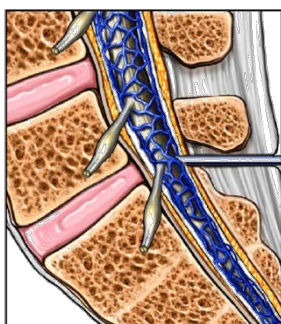
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## Epidural Steroid Injection

This is an injection of a long lasting steroid into the epidural space.

The epidural space surrounds spinal canal and nerves coming out of spinal cord.



## How the block helps

This block helps to reduce inflammation and nerve irritation. May help relieve symptoms caused by nerve inflammation such as pain, tingling, and numbness.

You should start to notice relief of pain in 3 to 7 days when the steroid starts to take effect. The steroid effect can last for a longer period.

Please remember: It is very difficult to know for sure if this injection will help decrease your pain.

## We call you several days before the procedure.

### We will tell you:

- Where and when to arrive.
- When to stop drinking and eating.

### Medicines and Allergies:

1. We will ask for the name and dose of all medicines your child takes.
2. We will ask if your child has allergies.

**Note:** You may need to stop taking some of your medicines before the procedure.

## How we give the block

Takes approximately 15 to 20 minutes.

1. We start an IV and give you medicine to relax.
2. You lie on your stomach on the x-ray table.
3. We clean the skin on your back to help decrease chance of infection.
4. Doctor injects small area with numbing medicine.
5. X-ray guides your doctor during the injection.

## Please know:

### You should *not* have this procedure if you:

1. Have allergies to any x-ray dye, seafood, Lasix or any of the medicines we may inject.
2. Are on a blood thinning medicine such as Coumadin, heparin, or Lovenox.
3. Have an active infection.
4. Have a temperature over 101 degrees.
5. Have a low platelet count.

## Risks

Generally speaking, this procedure is safe.

However, like any procedure there are risks, side effects, and the possibility of complications.

### Risks may include but are not limited to:

- Tenderness
- Bruising
- Bleeding at the injection site
- Headache
- Temporary weakness
- Infection
- Nerve damage
- Allergic reaction to the local anesthetic or medicine

These instructions are only general guidelines. Your doctors may give you special instructions. If you have any questions or concerns, please call your doctor.