



LUMBAR EPIDURAL INJECTION

Lumbar epidural injection is performed on an out patient basis for treatment of low back pain and leg pain (sciatica). This information sheet will provide you more information regarding this procedure.

WHAT IS LUMBAR EPIDURAL INJECTION?

Lumbar epidural injection involves injection of local anaesthetic and steroid in to the epidural space. The local anaesthetic helps to calm the nerves down and the steroid works as an anti inflammatory medicine.

WHAT IS THE EPIDURAL SPACE?

The spinal cord and the nerves coming have a protective covering called the dura. The space surrounding the dura is the epidural space.

WHAT CAUSES PAIN IN THE EPIDURAL SPACE?

There are several structures in the back that can cause pain. These include bones, ligaments, discs, nerves and muscles. The discs may develop a tear, leading to leakage of pain chemicals. This can cause inflammation around the nerve roots and lead to back pain and leg pain.

WHAT HAPPENS DURING THE PROCEDURE?

The procedure may be performed under ultrasound or fluoroscopy (x-ray) guidance but this may not always be necessary. Local anaesthetic will be used to numb the skin. The doctor will then insert an epidural needle in to the epidural space. A dye may be used to confirm the correct position of the needle. The doctor would finally inject the medication in to the epidural space.

The procedure is performed under local anaesthetic, and you will remain awake during the procedure.



WHAT HAPPENS AFTER THE INJECTION?

A nurse will monitor you for up to 30 minutes after the procedure. The nurse will take your pulse rate and blood pressure. Occasionally you may feel your legs to be slightly heavy after the procedure.

You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe. You will need some one responsible to take you home.

You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.

The procedure may not help in some cases. Your pain may be exacerbated for up to a week or sometimes longer from the steroid injection. We always warn you about serious side effects including infection, nerve damage and bleeding but these are extremely rare.

The doctor will discuss these side effects in more detail when you sign the consent form.

HOW LONG CAN I EXPECT THE PAIN RELIEF TO LAST?

The duration of pain relief is variable and difficult to predict. The injection may last from a few weeks to several months. The aim is to break the pain cycle to enable you to engage in a rehabilitative process, which is the mainstay of treatment for chronic pain.

IS THERE ANY THING SPECIFIC THAT I NEED TO INFORM THE DOCTOR ABOUT PRIOR TO THE PROCEDURE?

You should always tell the doctor if you are pregnant or likely to be pregnant.

You should inform the doctor about any blood thinning medications that you might be taking. This includes Aspirin, Clopidogrel, Warfarin, Heparin and some of the newer ones like Rivaroxaban.

Finally always inform the doctor about your allergies, especially latex, iodine and any medications.



PROCEDURES WE OFFER

LUMBAR EPIDURAL INJECTION
CAUDAL EPIDURAL INJECTION
LUMBAR FACET JOINT INJECTION
CERVICAL FACET JOINT INJECTION
THORACIC FACET JOINT INJECTION
DORSAL ROOT GANGLION BLOCK
NERVE ROOT BLOCK
LUMBAR FACET RADIOFREQUENCY
DENERVATION
CERVICAL FACET RADIOFREQUENCY
DENERVATION
TRIGGER POINT INJECTION
SACROILIAC JOINT INJECTION
COCCYX INJECTION
GANGLION IMPAR BLOCK
PIRIFORMIS INJECTION
INGUINAL NERVE BLOCK
PUDENDAL NERVE BLOCK
JOINT INJECTION
OCCIPITAL NERVE BLOCK
PULSED RADIOFREQUENCY
TREATMENT
INTERCOSTAL NERVE BLOCK
RECTUS SHEATH BLOCK
TROCHANTERIC BURSA INJECTION
ISCHIAL BURSA INJECTION
ILIO LUMBAR LIGAMENT INJECTION
QUADRATUS LUMBORUM INJECTION

ACHILLES TENDON INJECTION
PLANTAR FASCIA INJECTION
GENICULAR NERVE BLOCK & RF
NEUROTOMY OF KNEE JOINT
SUPRASCAPULAR NERVE BLOCK
BOTOX INJECTION
PLATELET RICH PLASMA THERAPY
TENNIS ELBOW INJECTION
GOLFER'S ELBOW INJECTION
SUPRASCAPULAR NERVE ABLATION
BOTOX FOR MIGRAINE
CERVICAL MEDIAL BRANCH BLOCKS
LUMBAR MEDIAL BRANCH BLOCKS
STELLATE GANGLION BLOCK
HIP JOINT COOLED
RADIOFREQUENCY ABLATION
INGUINAL NERVE ABLATION
LATERAL FEMORAL CUTANEOUS
NERVE BLOCK
GREATER AURICULAR NERVE BLOCK
BOTOX FOR BACK PAIN

The above information is for general education only. Please ask specific questions to the doctor during your consultation.

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