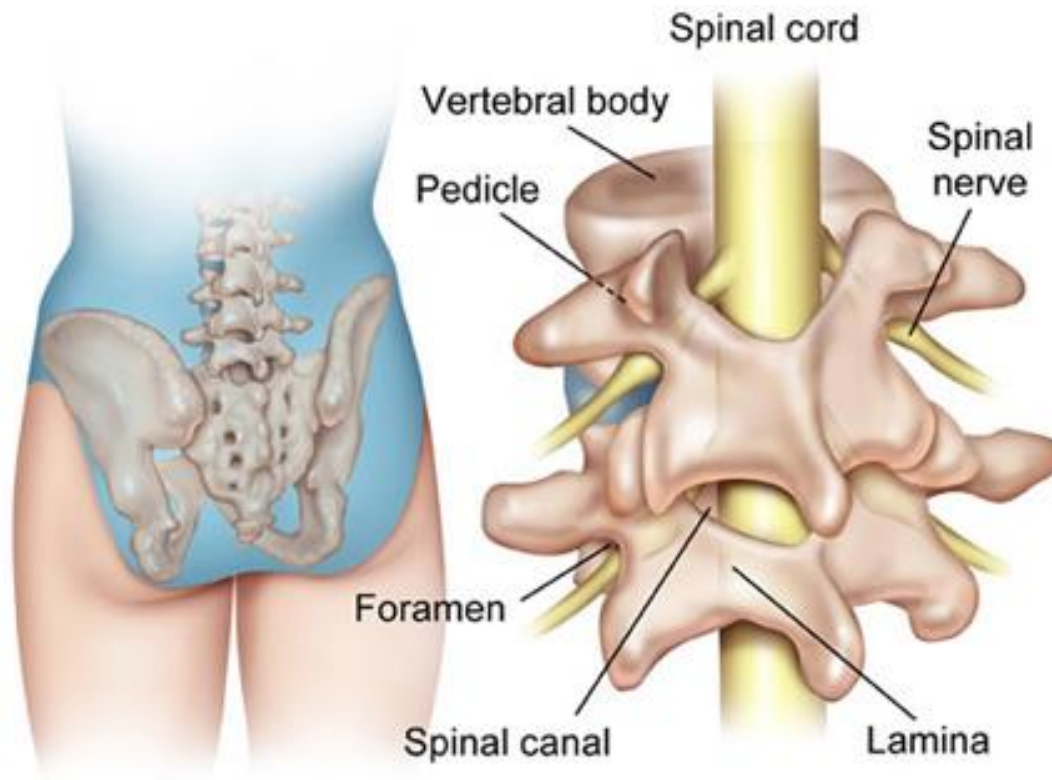


Epidural Steroid Injection

We suspect your pain is stemming from a pinched nerve(s) in your neck or back. Nerve roots leave your spinal cord and exit through openings between your vertebrae called intervertebral foramen. The nerves travel down the arm or leg to provide sensation and motor strength. When a nerve is pinched, you can experience any combination of numbness, pain, and/or weakness. An epidural can be performed to help alleviate these symptoms.



Epidurals are done in two fashions: 1) interlaminar (midline approach), 2) transforaminal (lateral approach). Your provider will determine which technique will best treat your symptoms. The injection is performed with a combination of numbing medication (Marcaine) and steroid (depomedrol or dexamethasone). The local anesthetic (numbing medication) is added for diagnostic purposes and is expected to provide relief for up to 6-8 hours following the procedure. The steroid will not take effect for up to 48 hours, with peak effect at 2 weeks. Therefore, please don't get discouraged if your pain returns during the timeframe between local anesthetic wearing off and steroid kicking in.

All patients must **stop blood thinners** prior to any type of epidural procedure. We will contact your prescribing physician for clearance regarding the safety of holding your blood thinner. Please do not stop blood thinners without being directed by us or your prescribing physician. Aspirin, NSAIDs (ibuprofen, meloxicam, naproxen, etc), and herbal supplements do not need to be stopped prior to epidural.