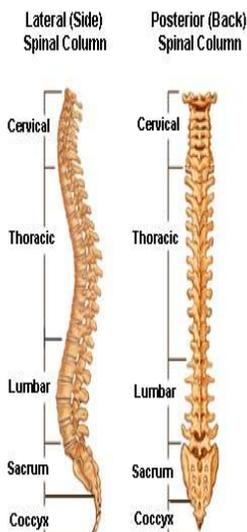
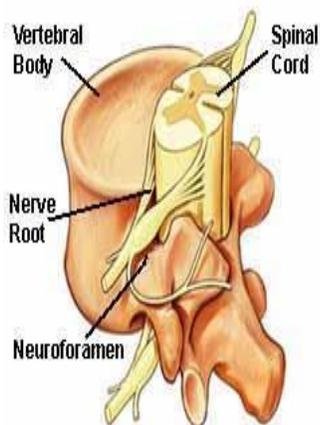




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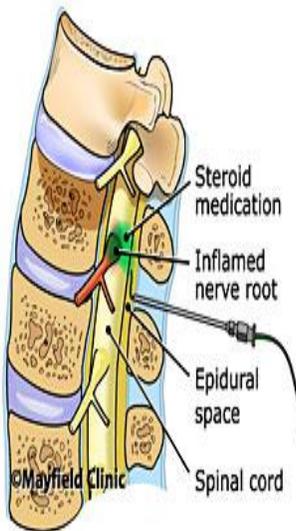
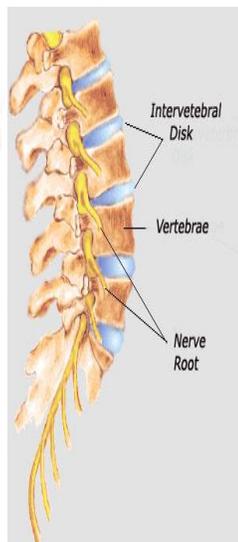
EPIDURAL / CAUDAL / TRANSFORAMINAL / SELECTIVE NERVE ROOT STEROID INJECTION



**Transforaminal /
 Selective Nerve Root Block**



Cervical Epidural Injection



Lumbar Epidural Injection



Caudal Epidural Steroid Injection

To ensure proper placement of the medication, all of the above procedures will be performed under Fluoroscopic (X - Ray) guidance.

Where is the epidural space?

There is a fluid-filled sac that covers the spine cord called the dura. The space that surrounds the dura is called the epidural space, and it is filled with fat and small blood vessels. The foraminae are small openings between your vertebrae through which the nerve roots exit the spinal canal and enter the body.

What is an epidural steroid injection?

It is an injection of an anti-inflammatory steroid medication and local anesthetic deposited into the epidural space. Depending upon the location it could be in the neck region (cervical), mid back region (thoracic) or low back region (lumbar).

What is a caudal epidural steroid injection?

The spine has 3 major regions: the cervical, thoracic, and lumbar spine. Below the lumbar region are two other sections, the sacrum & coccyx bones which are within the pelvis. It is the large irregular triangular shaped bone. The spinal canal extends into the sacrum. When this area becomes inflamed or irritated, it may cause persistent low back pain, which is increased with sitting. Caudal epidural steroid injection is an injection of an anti-inflammatory steroid medication and local anesthetic deposited into the epidural space in the caudal region.

What is a transforaminal epidural steroid injection / selective nerve root injection?

An epidural steroid injection is a common type of injection that is given to provide relief from certain types of low back and neck pain. The transforaminal approach is a very selective diagnostic injection around a specific nerve root. By injecting medication around a specific nerve root, the doctor can determine if this is causing your problem. An anti-inflammatory steroid medication and local anesthetic is injected into the space. The steroid agent shrinks swelling around the nerve roots and the local anesthetic numbs the inflamed areas and relaxes the muscles around the space. A selective nerve root block is an injection that is performed to determine if a specific spinal nerve root is the source of your pain and reduce inflammation around the nerve root thus decreasing or relieving the pain.

What is the purpose of the Epidural / Caudal / Transforaminal / Selective Nerve steroid injection?

To treat pain that may be due to inflammation of the vertebral disc and/or nerves. However, it will not correct the medical problem causing the inflammation, but may improve the level of pain you are experiencing. It is not unusual to need more than one injection to obtain long term benefit. These injections are done in a series of three, usually 2- 4 weeks apart if needed.

How is the Epidural / Caudal / Transforaminal / Selective Nerve steroid injection?

Upon registering at the Same Day Surgery suite, we will begin your procedure. An IV may be started depending on the location of the facet injection. The skin will be cleansed with an anti-septic solution and numbed with anesthetic. This is felt as a stinging / burning sensation. The doctor will insert the needle into the appropriate location. The procedure takes about 5-10 minutes. A bandage will be applied at the needle insertion site, which may be removed the next morning. You will be discharged when the physician authorizes.

What are the risks of the procedure?

Some risks, although remote include: bleeding, infection, organ injury, nerve injury and allergic reaction to the medication(s) etc. Diabetics may have short-term elevation of blood sugars. People prone to fluid retention may have increased fluid retention for 1-2 weeks.

BEFORE YOUR PROCEDURE

1. **Bring your insurance card(s) with you. Leave your valuables at home.**
2. Arrive at **ELPIS PAIN MANAGEMENT CENTER, 4122 KEATON CROSSING BLVD, SUITE 102, O'FALLON, MISSOURI 63368.**
3. You will need a driver to bring you and wait for the duration of your stay here at the Pain Center. You need a driver due to the anesthetic used in the procedure, not due to sedation.
4. **If you prefer to have Intravenous (IV) sedation for your procedure** you are allowed to have solid foods (this includes milk and soup) as long as you **finish eating 8 hours before your procedure.** This means you can have a full breakfast at 6 am if you have a procedure at 2:00 pm. You can also have clear liquids (including jell-o, soda, water, certain clear juices like apple, cranberry grape and other without pulp – no orange or tomato juice) as long as you finish these 2 hours before your procedure. This means that you can have black coffee, jell-o or a glass of water at 12:30 pm before your 2:30 pm procedure.
5. You should take all your morning medicine (except diabetic medicine, if you are having IV sedation) with a sip of water atleast 3 hours before the procedure. We ask that you bring an up-to-date, current list of your medicines every time you come for a procedure or office visit. This is due to the fact many of our patients have multiple doctors and often have their medicines change.
6. Please notify us if you are **pregnant**, allergic to contrast dye, or iodine.
7. It is necessary for you to stop taking blood thinners for this procedure. (**Ibuprofen, aspirin, coumadin, heparin, lovenox, plavix, aggrenox, etc.**) Before stopping, you should discuss this with your primary doctor to make sure it is alright to do so. **IT IS EXTREMELY IMPORTANT FOR YOU TO NOTIFY US IF YOU ARE OR HAVE BEEN TAKING BLOOD THINNERS!!**

AFTER YOUR PROCEDURE

1. Pain relief may not be immediate. If pain relief is immediate, it may return within several hours. Sometimes, the pain becomes worse for the next day or two following the procedure. You are expected to recall the duration and effectiveness of the pain relief during and immediately after the procedure.
2. We will keep you in recovery until you are stable. Usually 15 minutes for patient's not receiving IV sedation and 30 minutes for those who do. We will bring your driver or family member back to you in recovery.
3. Your vital signs will be monitored by the nursing staff and we will also make your next appointment for you before you leave.
4. **When you first begin to walk, it is important that you ask the nurse for assistance.**
5. You may not drive; operate heavy machinery or power tools for at least 8 hours after your injection.
6. You may resume your normal medications (except blood thinners-be sure to check with your nurse regarding when and if you may restart these medicines.) You may want to take it easy for the day of your injection; however normal everyday activity is encouraged for the days following.

WHAT TO EXPECT

How quickly can I expect pain relief?

Most patients can expect pain relief within the first 15 to 20 minutes after the injection of local anesthetic. This pain relief may only last several hours; however, if the physician has also used steroid medication, you may also receive some pain relief that will begin roughly 36 hours after the injection. Duration of pain relief is somewhat variable, as it differs from patient to patient.

How much relief will I get & how long will it last?

Relief varies from one person to the next. The steroid may take several days to work and peaks in about 2 weeks. Therefore, it may be several weeks before you feel a change in your pain. After the first day, you can perform activities as before and return to work.

You may notice your pain increase in the next day or two following the procedure. This is normal. If you experience severe neck or back pain, new numbness or weakness of your arms or legs, loss of control of your bladder or bowels, or have signs of infection (temperature greater than 99.9° , drainage, redness/heat at insertion site) – **CALL IMMEDIATELY**. If you experience pain at the injection site, you may apply ice to the affected area for 20 minutes every 2 hours. No heat is to be used on the injection area for the remainder of the day. No tub bath or soaking in water (pools/Jacuzzi, etc) for the remainder of the day. After the first day, you can perform activities as before & return to work. You may receive an appointment to have another injection or an office visit. If you have any questions at this time, don't hesitate to ask.

Please be aware that if you are a Diabetic the use of steroids will elevate your blood sugar, so close monitoring of your glucose by you and your PCP is recommended. If you are on Insulin, it is recommended to contact your PCP prior to the procedure for any adjustments in your Insulin dosing.

NOTE: YOUR PROCEDURE WILL BE CANCELLED IF:

You have an active infection, flu, cold, fever, or very high blood pressure.

You do not have a responsible driver to take you home, arrive late for your procedure

You are unable to follow the medication / fluid restrictions.

Call the office at (636) 329 - 9077 for procedure related questions.
