

The epidural space is the area between the dura (covering of the spinal cord) and ligaments that connect the vertebrae.

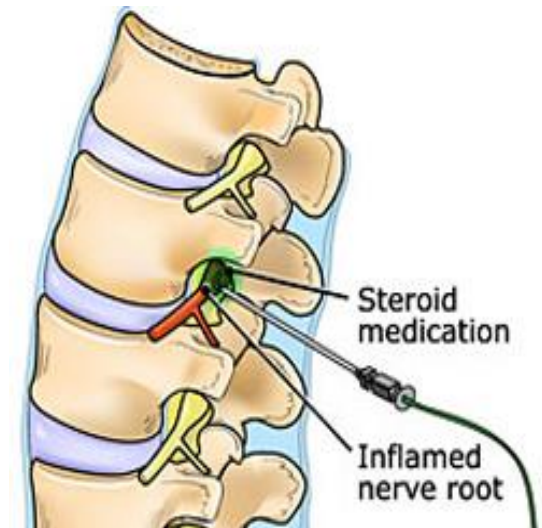
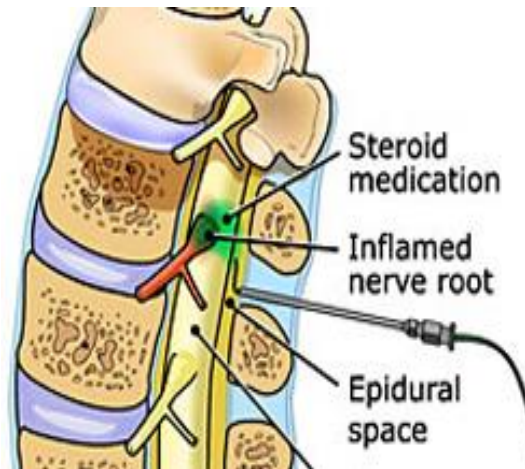
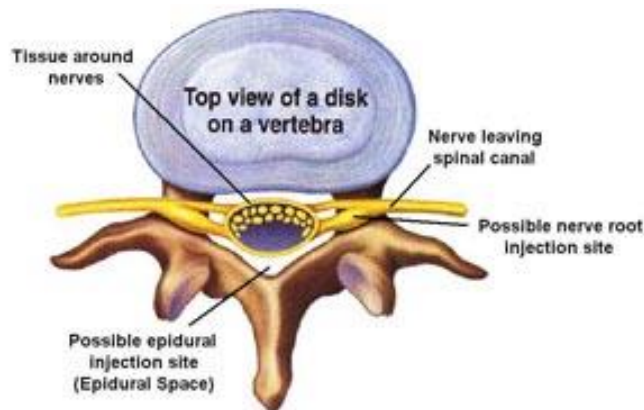
Injecting steroid into this area can help symptoms associated with spinal stenosis, spondylolysis, disc degeneration or disc herniation. The epidural injection delivers a long-lasting steroid and an anesthetic agent to the irritated and inflamed area or nerve. Injection often allows patients to resume a more normal activity level

Midline / Translaminar Injection

This approach is used for treatment of multiple inflamed nerves or segments. The needle is placed between the lamina of two vertebrae. This allows medication to spread up and down as well as to both sides within the epidural space. This method is helpful when the exact pathology is not known or when multiple areas of pathology exist.

Transforaminal Epidural / Selective Nerve Root Block

These routes are preferred when there is a clearly identified area of pathology or the response to an injection is needed to diagnose the affected area (selective nerve root block). They may also be helpful when the translaminar route fails to give an adequate result or when surgery has changed the anatomy making the translaminar route infeasible. The needle is placed to the side of the vertebra near the hole (foramen) of the affected spinal nerve. Contrast dye is used to identify the outlining of the nerve.



Pre Procedure Instructions:

If you are taking blood thinners your pain physician may ask they be discontinued prior to injection. **Never stop these medications without permission from the physician prescribing them.**

Acenocoumarol	3 days
Aggrenox	7 days
Aggrastat	24 hours
Arixtra	4 days
Aspirin	7 days
Brilinta	7 days
Edoxaparin	2 days
Effient	7 days
Eliquis	3 days
Heparin	8 hours
Integrilin	24 hours
Lovenox	12 hours
Pentoxil	2 days
Plavix	7 days
Pletal	7 days
Pradaxa	6 days
ReoPro	3 days
Ticlid	14 days
Warfarin / Coumadin	5 days
Xarelto	3 days

Please call office if blood thinner is not listed

Ginger, Kava Kava, Clove, Willow Bark, Ginseng, Garlic, Gingko, Fish Oil, Vitamin A & E

If you are anxious about your procedure sedation can be provided. If you choose this option you must meet the following criteria.

- Come to your appointment with responsible adult driver.
- Fast for at least 6 hours prior to the procedure. Morning medications can be taken with a sip of water.
- Sedation is only available at certain locations and at certain times, please ask for details.

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LUMBAR EPIDURAL STEROID INJECTION



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