

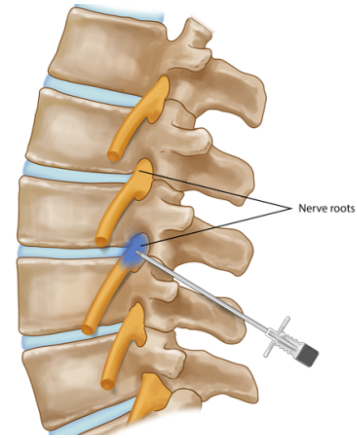
Transforaminal Epidural Steroid Injection or Selective Nerve Root Block Injection

What is it?

A nerve root block is an injection into the sheath surrounding a nerve root in the spine to decrease your pain and to diagnose what is causing pain more precisely. The procedure uses therapeutic steroid and local anesthetic (numbing medication) to decrease pain and inflammation. Pain relief from the procedure varies from minimal to long-term, depending on the patient's specific case and symptoms

Typical Medications used:

Lidocaine, Naropin (anesthetic) + Decadron (steroid)



During the procedure—what to expect

- You will remain awake throughout the procedure.
- Dr. Kropp will use a small needle to numb the area, follow by placement of the anesthetic and steroid (anti-inflammatory medication) into the nerve sheath. (There may be some discomfort from the needle, but, for most people, this is minor.)
- Dr. Kropp checks the needle position using fluoroscopy (low res X-ray guidance).
- Contrast material may be placed into the nerve sheath to document the needle position.
- During the injection, you may feel pressure or pain.

After the procedure—what to expect

- No driving or showering for the remainder of the day.
- Initially, you may experience numbness and/or relief from your symptoms for up to six hours after the injection.
- When the anesthetic wears off, your symptoms may begin return in part of in full. The steroids usually require three to five days to provide pain relief. Sometimes a “flare up” of symptoms may occur while waiting for the steroid to work.
- We expect you to take it easy for 7 days following your procedure, no vigorous activities or exercise.
- If there is no change in your pain symptoms after a week, Dr. Kropp may recommend conservative measures, a different procedure, updated imaging, a surgical referral, or want to investigate other possible sources for your pain. The next steps vary significantly from patient to patient.
- After your procedure, our office will print or email you a post op sheet with detailed instructions and guidelines, this will also include a follow up appointment date and time 1-2 weeks after your procedure date.

Possible side effects

- Steroid may cause facial flushing, hiccups, insomnia, headaches, water retention, increased appetite, increased heart rate, or irritability.
- These side effects occur in only about 5 percent of patients and commonly disappear within one to three days after the injection.

Video resource: <https://www.spine-health.com/treatment/injections/selective-nerve-root-block-injections>