

Epidural (transforaminal) injection

'Epidural when performed in our clinic is a precise injection, and is different from the one you may have received before child birth'. It is an outpatient procedure and can be done for neck, mid back or low back.

The procedure can be done with or without sedation.

This is done primarily for radiculitis or nerve inflammation, where pain is radiating pain down the extremities.

Injection is done with local anesthetic (lidocaine or with ropivacaine) along with steroid (dexamethasone).

Patient is positioned on the x-ray table with appropriate body area facing up. The skin or the area is well cleansed.

X-ray imaging is used to plan a needle track and this tissue is done with local anesthetic injection for the skin.

A needle is advanced to access the epidural space and subsequently a small amount of contrast is injected to verify correct needle placement to see the way the medicine spreads.

The injection was completed by injecting medications planned and patient was observed for few minutes and sent home.



- Before the procedure: If you are taking blood thinners, please let our office know so we can advise you when to stop taking them

Day of Procedure Please arrive 10 minutes before your scheduled appointment time.

- **IF YOU ARE GETTING SEDATION**

You may eat a light meal 6 hours before your procedure, and then nothing after. You may take sips of clear liquids only (ex. apple juice, gatorade, water) until an hour before procedure. **You must have a driver** if we use sedation. **Do Not drive or operate any machinery, you need a driver.**

After the procedure

If you experience any of the following call our office at 214-618-4010:

1. Fever, chills, sweats, hardness or redness at the injection site.
2. weakness or new numbness.