

## Lumbar Epidural Steroid Injection

**Diagnosis:** Degenerative disc disease and/or lumbar radiculopathy

**Procedure:** The patient is brought to the procedure room and placed on his/her stomach. Using fluoroscopic guidance, the lumbar spine is visualized and target space identified. The skin overlying the injection site is then cleaned with a sterilizing solution. Local anesthetic is used to numb the injection site. Then a needle is advanced to the epidural space. As the needle is advanced, some patients experience an intensification of symptoms in the distribution of the affected area. This is temporary. Once the needle is in the correct position, contrast dye is injected to confirm proper placement. Then, a combination of steroid and saline or local anesthetic is injected into that space. The needle is then removed. The back is cleaned and sterile dressing is applied. The patient is then taken to the recovery room until discharge.

**Medications used:** Local anesthetic, Kenalog (steroid), contrast dye

**Recovery:** 15 minutes without sedation or 30 minutes after sedation

Potential risks of Lumbar Epidural Steroid Injection are minimal and are similar to any procedure involving a needle placement. These include, but are not limited to:

- Allergic reaction to the anesthetic or contrast dye. *Be sure to inform us before the injection if you have any known allergies*
- Bleeding
- Infection
- Temporary pain at the injection site

