Epidural Steroid Injection Intralaminar - Transforminal

Anesthesia Department Chronic Pain Management Service

After the procedure

Patients are advised to consider the following:

- 1. You will be asked to rest for 15-30 minutes.
- 2. The anesthetic medication will wear off in a few hours and it's normal for you to feel pain on the injection site.
- 3. Cold compressions can be applied at home for 15 minutes, three times a day.
- 4. You may take Paracetamol (Panadol) or other medication prescribed for pain. You will feel improvement after two to five days, this is when medications are expected to take effect.
- 5. You will be given an appointment for follow up.
- 6. Go to the Emergency Department if you experience any complications.
- 7. If you have any further query, please ask your doctor at the day of the procedure.



Patient and Family Education



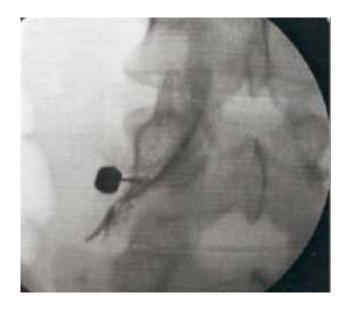
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What is it?

Epidural steroid injection (ESI) is a technique for relieving radicular back pain. Using a needle, corticosteroids and a local anesthetic are injected into the epidural space around the spinal nerves.



Procedure Overview

Indications

ESI is a technique used to provide relief to patients suffering from the following conditions:

- radicular back pain
- Spinal stenosis
- Spondylolysis and fracture
- Disc diseases and inflammation
- Post-herpetic or post traumatic neuralgia



Before the procedure

Patients are advised to adhere to the following patient guidelines:

- 1. Fast for 6 hours prior to procedure.
- 2. Arrange for a family member/ friend to drive you home after the procedure.
- 3. Arrive at least 30 minutes early to avoid delays and cancellations.
- 4. Inform your physician about other disease conditions, medications or allergy to specific medications.
- 5. Inform your physician if you are pregnant.
- 6. Stop blood thinning medication (e.g. Plavix, Aspirin) as per your physician request.

- 7. Wear comfortable clothing and remove jewelries/ accessories before procedure.
- 8. You will be requested to wear the hospital gown.
- 9. An informed consent will be taken before the procedure.
- 10. An intravenous cannula will be inserted when needed.
- 11. You will be awake during the procedure and in a very rare situation, sedation may be needed.

During the procedure

Your clinical team will assist with the following:

- Help position you on your abdomen (stomach).
 We may need another position.
- 2. Monitor your vital signs during the procedure.
- 3. Clean and drape your back for the procedure to reduce the risk of infection.
- 4. Administer local anesthesia at the site of treatment to numb the area.
- 5. Administer guided ultrasound or X-rays during the procedure.
- 6. Inject a local anesthetic and/ or steroids (for reducing inflammation) either around the nerves or epidural space at your back.