

Epidural Steroid Injection Intralaminar – Transforaminal

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.



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Epidural Steroid Injection

Intralaminar – Transforminal

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:

1. 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.