

SPINE/PAIN MANAGEMENT



APPOINTMENT:

___/___/___ @ ___:___ am/pm

Re-schedule/cancellations:

308.995.3305

Please arrive at the hospital 15 minutes prior to your appointment to check in.

___ **Selective Nerve Root Block:** Uses a very specific injection of local anesthetic along one of the nerves that exit between each vertebral body. Bring a driver with you as there is expected numbness in the arm or leg for several hours.

___ **Facet Joints:** The facet joints are prone to arthritis. Inflammation in the joint may irritate and inflame adjacent nerves causing back & sometimes radicular pain. Local anesthetic can be injected into the joint or along the nerves that supply the joint. You may drive yourself home soon after the procedure.

___ **Epidural Steroid Injection:** A common method of treating inflammation associated with low back or related leg pain. Injection into the epidural space places medication along nerves as they exit the spinal canal. Although steroids don't change the underlying condition, they can break the cycle of pain & inflammation and allow the body to compensate for the condition. In this way, the injections can provide benefits that outlast the effects of the steroid itself. Bring a driver with you as there is expected numbness in the legs for several hours.

Procedure

- The procedures are done in a radiology room by an Interventional Radiologist & usually take about 30 minutes.
- The scheduling nurse will inquire if you are taking blood thinning medication & ask about your history of allergies.
- A local anesthetic is used for these procedures.
- All three procedures are performed on an outpatient basis & you can usually return to your pre-injection level of activity the following day.

The steroid will usually begin working within 1-3 days, but in some cases can take up to a week to feel the benefits. Although uncommon, some may experience an increase in pain for several days following the procedure.

CARE YOU DESERVE. EXPERTS YOU TRUST.