

Spinal Injection Procedures

You are scheduled for the following procedure:

Epidural Steroid Injection Using an xray machine, a thin needle will be passed through the muscle of the low back or neck after your skin is numbed with a local anesthetic. Contrast is passed through the needle to assure correct placement, then a mixture of steroid medicine and long-acting numbing medicine is placed. This medicine passes around the spinal nerves to the disc space. The purpose of this procedure is to reduce inflammation and relieve pain from damaged discs and their nerves, and to pinpoint where pain is coming from. You may need a series of injections.

Selective Nerve Block Using an xray machine,, a thin needle will be passed through the muscle of the low back or neck after your skin is numbed with a local anesthetic. Contrast is passed through the needle to assure correct placement, then a mixture of steroid medicine and long-acting numbing medicine is placed directly over a specific spinal nerve leading to the arm, hand, leg or foot is targeted. This is for diagnosis and treatment, and designed to reduce inflammation around that specific nerve and numb its pain fibers.

Facet Joint Block Using an xray machine, a thin needle will be passed through the muscle of the low back or neck after your skin is numbed with a local anesthetic. Contrast is passed through the needle to assure correct placement, then a mixture of steroid medicine and long-acting numbing medicine is placed into a specific spinal joint in the neck or back. This is designed to decrease inflammation in and pain from this joint and its nerves, and is useful particularly in arthritis pain.

DISCOGRAM This test is designed to tell your doctor which discs in your spine are causing your pain. The purpose is to reproduce your back (or neck) pain to confirm this and to direct treatment options to the specific discs your pain comes from. First, you will be given a sedative medicine through an IV, and also an antibiotic as needed. Using xray guidance, a thin needle is passed through numbed skin of the back directly into the disc(s) in question, after dye is passed to localize the disc. We attempt to recreate the pain by filling the disc with antibiotic solution and water Then the quality and severity of this pain is recorded. You may have a CT scan later, elsewhere.

PRIOR TO ANY OF THE ABOVE PROCEDURES, PLEASE FOLLOW THESE RULES:

- 1. Do not eat or drink for 6 hours before your procedure.**
- 2. Please bring someone who can drive you home. You may not be able to drive.**
- 3. Do not take any type of pain medicine on the day of the procedure.**
- 4. Do not take any type of blood thinner for 4 days prior to your procedure. Call and notify our office if you are on aspirin, coumadin, plavix, aggrenox. Do not stop these medicines Before talking to us. Tell us if you are taking diabetes medicine.**
- 5. Each procedure takes 1 to 2 hours for preparation before the procedure, doing the actual procedure(shortest time), and monitoring afterwards.**
- 6. Call us at the office if you are sick prior to the procedure.(Cold, flu, fever, diarrhea, vomiting)**
- 7. Bring a list of medicines (including herbal meds) and allergies with you.**