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**neurosciencegroup**

## Your Guide to Epidural Steroid Injections

### What is an Epidural Steroid Injection?

An Epidural Steroid Injection is a procedure in which a small needle is inserted into the epidural space (located outside of the spinal cord area) of the back or the neck. A steroid is then injected to aid in pain relief.

### How can an Epidural Steroid Injection help me?

An Epidural Steroid Injection can be an effective nonsurgical treatment by reducing the inflammation of the nerve roots as they exit the spine to help ease your pain. This type of injection most often helps manage pain caused by degenerative disc disease, herniated disc, radiculopathy, spinal stenosis, and sciatica.

### Will I have immediate relief after my Epidural Steroid Injection?

Epidural Steroid Injections typically do not have an immediate effect. Full effect of an epidural steroid injection is usually felt within 7-10 days after the injection. You may still feel some pain relief immediately following the procedure from the anesthetic used. However, it typically wears off in 4-8 hours.

### How do I prepare for my Epidural Steroid Injection?

Ensure your doctor knows if:

You are taking Coumadin or any other blood thinners: *Plavix, Aspirin, Eliquis, Excedrin, fish oil, etc.*

You are taking steroids and or antibiotics.

You have liver or kidney disease: *chronic kidney disease, cirrhosis, etc.*

You have the following implantable devices: *medication pump, pacemaker, defibrillator, or stimulator.*

You have any allergies: *steroids, anesthetic, iodine, adhesive, contrast, shellfish.*

You have any questions regarding your medication.

You have had or are planning to have a vaccine within 2 weeks of your procedure.

**\*\*Please call to cancel your appointment if you have a fever, the flu, covid, or any other infection\*\***

### What can I do the day of my Epidural Steroid Injection?

- You may eat and drink normally; there is no need to fast.
- Take your normal medication on the day of your test, unless otherwise instructed.
- You will need to shower with antibacterial soap the day before and the day of your procedure. Dial is an easy brand to grab if you are unsure of the soap to use.
- Do NOT apply lotions, creams, ointments, or gels the day of your procedure.
- Wear loose fitting clothing including elastic waistband pants/shorts and a loose-fitting shirt.
- Do not plan any strenuous activity the day of your procedure.
- **Bring someone with you who can remain on campus to drive you home.**  
(The length of the procedure itself is approximately 20 minutes).

## What can I expect during the procedure?

You will need to be able to get yourself up onto the procedure table and position yourself on your stomach.

You will remain on your stomach for the entire length of the procedure.

The area of your injection will be cleansed with an antiseptic solution.

Your skin will be numbed with a local anesthetic.

Then the physician will use fluoroscopy (x-ray) to guide the placement of the needle into the epidural space.

You may feel some pressure in the area of your injection.

The physician will inject the medication slowly in order to decrease your discomfort.

Once the medication is injected, the needle is removed, the area will be cleaned off, a band aid will be applied, and the procedure is complete.

## What happens after my Epidural Steroid Injection?

- You will spend about 10 minutes in the recovery room reviewing post-procedure instructions with the nurse prior to discharging. You may require a longer stay in recovery if additional monitoring is necessary.
- You will receive a pain diary after your procedure. **This will need to be filled out by you and you will need to call Neuroscience Group two weeks after your procedure to update us on the pain numbers you logged. Please do not lose or misplace your diary.**
- You may experience warmth, numbness, tingling, heaviness, or weakness to the area for up to 8 hours after your procedure.
- You will NOT be able to drive or operate heavy machinery for 8 hours after your procedure.
- If you are diabetic, you will notice a temporary increase in your blood sugars for up to a week.
- You can shower after your procedure. However, NO SOAKING in tub, hot tub, pool, etc. for 24 hours.
- You will need to refrain from strenuous activity for the remainder of the day.
- You may return to work and normal activity the following day.

**Questions about your Epidural Steroid Injection procedure?**

**Call Heather, our Physiatry Nurse Navigator, 920-725-9373**