



1718 Saint Mary Street, Knoxville TN 37917
Office (865)-633-9469 Fax (865)-633-9474

Lumbar/Caudal Epidural Steroid Injection

15 minutes

Driver Preferred

About your procedure:

Epidural steroid injections (ESIs) are a common treatment option for many forms of low back pain and leg pain. They have been used for low back problems since 1952 and are still an integral part of the non-surgical management of sciatica and low back pain. The goal of the injection is pain relief; at times the injection alone is sufficient to provide relief, but commonly an epidural steroid injection is used in combination with a comprehensive rehabilitation program to provide additional benefit.

In addition to the low back (the lumbar region), epidural steroid injections are used to ease pain experienced in the neck (cervical) region and in the mid spine (thoracic) region.

Read More: <http://www.spine-health.com/treatment/injections/lumbar-epidural-steroid-injections-low-back-pain-and-sciatica>

Instructions:

- Stop any anti-coagulants (blood thinners) as advised by your physician.
- All procedure preparation instructions must be followed by the patient, or the physician reserves the right to reschedule your procedure.
- Inform your physician before your procedure if you are or could be pregnant.

What to expect:

- If you experience an increase in pain the day following your procedure, remember that this is normal. This pain is due to the local anesthetic from your procedure wearing off.
- Pain relief varies by each patient. Some patients experience relief immediately after the procedure, and some patients may require a few days for the procedure to take effect.

Complications to look for:

- Numbness, weakness, or tingling in your limbs (arms & legs) lasting greater than 24 hours
- New or unusual headaches or neck stiffness
- Unusual swelling or redness around the injection site
- If you experience any of these symptoms, please call our office at (865) 633-9469.
- If you experience difficulty breathing, chest pain, or any emergency, please call 911 or go to the nearest emergency hospital.