



# INTERVENTIONAL SPINE & PAIN INSTITUTE OF NEW ENGLAND

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## **TRANSFORAMINAL EPIDURAL STEROID INJECTION**

### **What is a Lumbar/Thoracic Transforaminal Epidural Steroid Injection?**

A transforaminal epidural steroid injection is the injection of local anesthetic with a small amount of steroid. This medication bathes the nerve root. The nerve roots are located in the epidural space outside of the spinal cord area.

### **Why is a Transforaminal Epidural Steroid Injection performed?**

A transforaminal epidural steroid injection is performed to help your physician diagnose the cause of your pain.

### **What happens during the procedure?**

You will be placed in the prone position (face down) on the table. Your back will be cleansed with an antiseptic solution and your skin will be numbed with a local anesthetic. The physician will use fluoroscopy (x-ray) to guide the placement of the needle into the area of the involved nerve root. You may experience a small “shock-like” sensation. A small amount of contrast dye will be injected to identify the exact nerve root. Once the correct placement is confirmed, the doctor will inject the local anesthetic. The placement of this medication on the nerve root **may cause** numbness to the affected limb.

***You should arrange to have someone available to assist you with standing and walking at home after the procedure.***

### **How long does the procedure take?**

Approximately 20 minutes.

### **Contraindications for procedure:**

Bleeding problems, infection or pregnancy.

### **Special care afterward:**

A band-aid will be applied at the injection site. You will return to the recovery area. A nurse will monitor your vital signs. After 20 minutes, you will be able to sit or stand. The nurse will ask you how much pain is relieved prior to discharge. Your discharge instructions will then be reviewed and you will be able to go home.

**REMEMBER ⇒ Although a ride is not mandatory, we prefer that a friend/relative accompanies you to your appointment since each patient reacts differently to procedures and medications.**

