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# Spine Institute of Arizona

## **EPIDURAL STEROID INJECTIONS CERVICAL SPINE/LUMBAR SPINE**

It has been recommended that you receive epidural steroid injections because of your specific pain complaints.

Epidural steroids are typically given in a series of three injections. These injections involve the introduction of a cortisone derivative into the epidural space. The epidural space is an area surrounding your spinal cord where the nerves collect before going out to your extremities. The medication administered reduces swelling and inflammation around the nerves in your neck/back that are causing you to experience some of the pain that you are currently having. The duration and amount of relief from these injections varies between patients.

After speaking to the physician, you will be asked to lay on a table under an x-ray machine. The anesthesiologist will cleanse your skin with cold cleansing solution and then numb your skin with local anesthetic. After inserting the needle, the procedure typically lasts only a few minutes.

You will be asked to lie down for a short period of time after this procedure and your blood pressure may be monitored. You will then be allowed to go home. If you have substantial relief of your symptoms from the first or second injection, you can hold off on obtaining your subsequent injection(s).

Before arriving for your injection, please review the separate "Procedure Instructions" we have provided you.