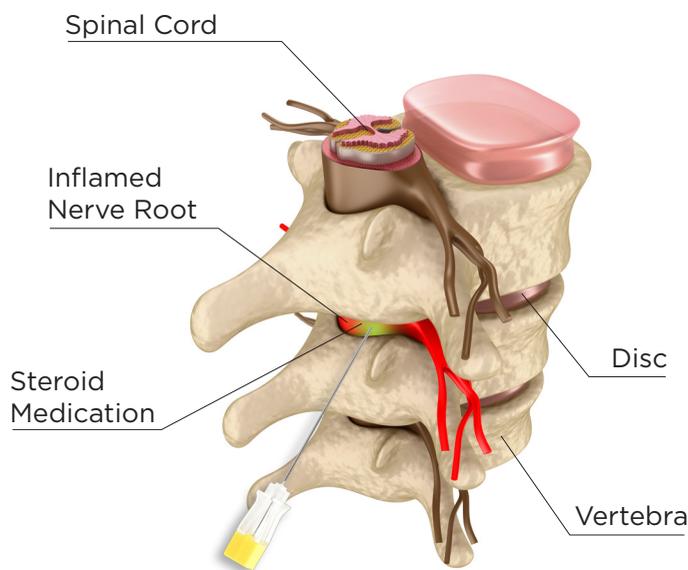


HELPING YOU UNDERSTAND EPIDURAL STEROID INJECTION

The epidural steroid injection process begins with an injection of local anesthetic (numbing agent) followed by a steroid medication being injected into the epidural space to help reduce local inflammation contributing to your back or neck pain. Nerves travel through the epidural space to the back and into the legs. Inflammation of these nerve roots may cause pain in the back and legs due to irritation from a damaged disc or bony structure contacting the nerve. Epidural steroid injections are meant to provide

pain relief by reducing the inflammation of the nerve roots as they exit the spine. An epidural steroid injection will NOT correct the pre-existing medical problem; however it may improve the level of pain and help to accurately diagnose the cause of the problem.



Does it Hurt?

While it is not uncommon to have mild to moderate discomfort during the injection, every effort is taken to make you as comfortable as possible. During the injection you will receive a local numbing agent that helps dull the discomfort associated with the injection itself.

How long will it take for the medication to work?

You may experience temporary immediate relief after the procedure that could last up to several hours. Once the numbing agent wears off, your pain may return. This does not mean that the steroid did not help. The steroid medication typically takes up to 10 days to begin having an effect in most people. In rare cases, your pain may increase for a few days before improving.

How many injections can I get?

Injections are given in a series of three with one given every two weeks.

Are there any restrictions after the procedure?

We strongly recommend you have a driver to transport you home. Also, for the next 24 hours following the procedure, absolutely no bending, lifting or twisting and please refrain from taking a tub bath, using a hot tub or swimming. Also avoid placing heat over the injected area.

When should I call BioSpine?

You do not need to contact us regarding your procedure unless you experience one or more of the following symptoms:

- severe pain
- onset of new pain
- numbness and or weakness in arms or legs
- temperature of 100.5 degrees or higher
- a severe headache that lasts for over 24 hours and is associated with nausea, vomiting and sensitivity to light
- signs of infection in the area of injection (redness, swelling, heat, discharge)

If you experience any of these symptoms, please do not hesitate to contact us at 855-485-3262.

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- If using health insurance, we will start the authorization process.
- If you are on a blood thinner we will fax a letter to your physician to determine if you may come off of your blood thinner prior to your injection. Once approved, we will contact you to schedule.
- Once we obtain insurance authorization, and the okay from your doctor to come off your blood thinner, our procedure scheduler will call you to pick a date.
- If you are on Coumadin you will have PT/INR blood test completed the day prior or the morning of your injection and you will need to BRING THE RESULTS IN HAND with you. Please verify where you go for the blood work that they will be capable of getting you the results immediately.
- It is strongly recommended that you bring a driver with you.
- Diabetic patients please monitor blood sugar after your injection; the medication being used can sometimes elevate your sugar level.
- Absolutely NO bending, lifting or twisting for 24 hours.
- Rest is recommended. You may return to light activities after 24 hours.
- You may have a light breakfast the morning of your injection. Please continue to take your normal morning medications unless advised otherwise.
- Please be advised if you are currently treating with a pain management doctor you will need to continue receiving all your medications from them.
- Please be advised that this appointment will be for your injection only, the physician unfortunately will not be available to discuss clinical information.