

LUMBAR CAUDAL EPIDURAL STEROID INJECTION

For Low Back & Leg Pain

A lumbar epidural steroid injection is an outpatient procedure for treating low back & leg pain. This information sheet will explain what it is; your doctor can explain if it is for you.

What is the epidural space?

The dura is a protective covering of the spinal cord and its nerves. The space surrounding the dura is called the epidural space. In the low back it is called the lumbar epidural space.

What causes pain in the epidural space?

The lumbar area of the spine has five bones called vertebrae. Soft discs found between these vertebrae cushion them, hold them together and control motion. A disc tear may cause a disc to bulge, inflame nerve roots or the dura and cause pain. Bone spurs called osteophytes can also press against nerve roots and cause pain.

How do I know if I have disc and nerve root pain?

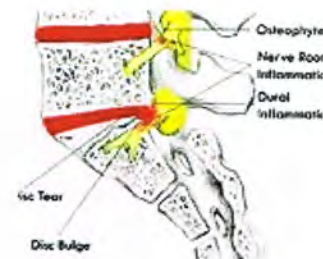
If you have pain in your low back when you bend you may have lumbar disc and dural inflammation. If pain travels to your leg when you move you may have nerve root inflammation. Common tests such as MRIs can show disc bulges and nerve root compression, but may not show a torn disc. A lumbar epidural injection may provide relief if disc, dural or nerve root inflammation are causing your pain.

What is a lumbar caudal epidural steroid injection?

In a lumbar epidural steroid injection, a corticosteroid (anti-inflammatory medicine) is injected into the epidural space to reduce inflammation. A local anesthetic (numbing medicine) may also be injected. When this is done through the bony opening of your tailbone it is called a caudal epidural injection. This is the easiest and safest lumbar epidural injection

What happens during an injection?

A local anesthetic will be used to numb your skin. The doctor will then insert a thin needle directly into the epidural space. X-ray will be used to ensure the safe and proper position of the needle. X-ray dye also may be injected to make sure the needle is in the correct spot. Once the doctor is sure the needle is correctly placed, the medicine will be injected.



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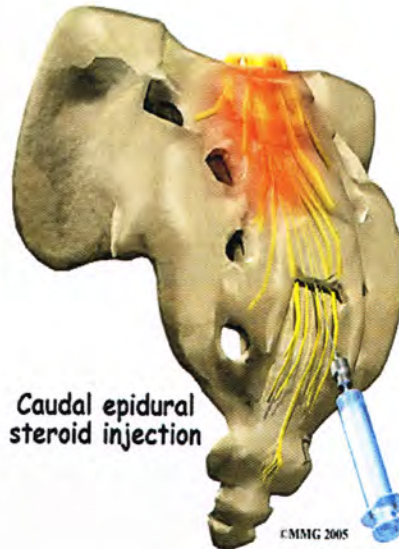
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What happens after an injection?

You will be monitored for up to 60 minutes after the injection. When you are ready to leave, the staff will give you discharge instructions. It may help to move in ways that hurt before the injection, to see if the pain is still there, but do not overdo it. Take it easy for the rest of the day. You may feel immediate pain relief and numbness in your back or leg for a period of time after the injection, this may indicate the medicine has reached the correct spot. Your pain may return after this short pain-free period, or may be a little worse for a day or two. Corticosteroids usually take two or three days to start working, but can take as long as a week. You can usually return to work the day after the injection, but always check with your doctor.

How long can I expect pain relief?

The extent and duration of pain relief may depend on the amount of disc, dural or nerve root inflammation. Sometimes other coexisting factors may be responsible for the pain. An injection may bring several weeks to months of pain relief, and then further treatment may be needed. Other times a single injection brings long term pain relief.



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