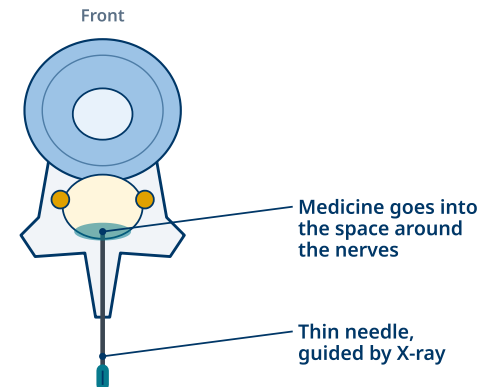


Epidural Steroid Injection

What it is

An epidural steroid injection puts medicine near the nerves in your spine. The medicine may calm swelling around an irritated nerve. This may ease pain in your back, neck, arm or leg.



Why it is done

- Arm or leg pain from a pinched or inflamed nerve
- Spinal stenosis with leg symptoms
- Symptoms that have not improved enough with conservative care
- People without an active infection or uncontrolled bleeding risk

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: We review your medicines, especially blood thinners, and any allergies. You may need someone to drive you home.

During: You lie on a table. The skin is cleaned and numbed. The doctor uses X-ray or ultrasound to guide a thin needle and gives the medicine.

After: You rest for a short time and usually go home the same day. Keep a pain diary for the next few weeks so we can see how well it worked.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/epidural-steroid-injection/



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This handout is general information and is not a substitute for medical advice.