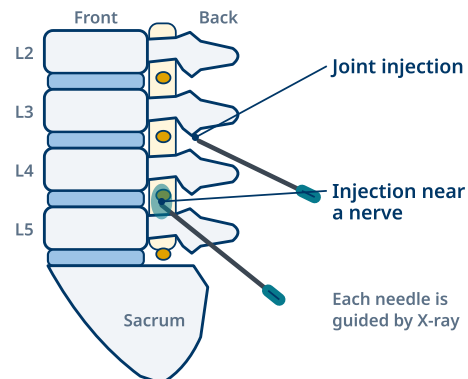


Spinal Injections

What it is

Spinal injections place medicine at or near the source of back or neck pain. The medicine may include a numbing drug and a steroid. Injections may ease pain and help find where it comes from.



Why it is done

- Neck, back, arm or leg pain from a suspected spinal source
- Pain that has not improved with conservative care
- Patients who need diagnostic clarity before a procedure such as RFA

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/spinal-injections/



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