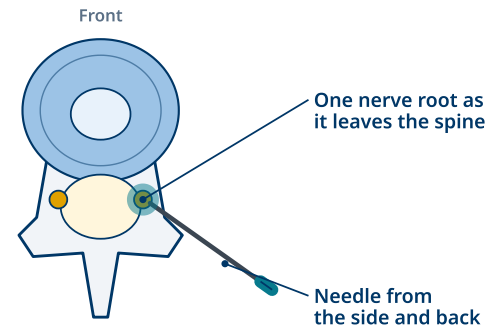


Spinal Nerve Root Blocks

What it is

A nerve root block puts medicine next to one nerve as it leaves the spine. It may ease arm or leg pain. It can also help show which nerve is causing your pain.



Why it is done

- Arm or leg pain thought to come from a specific nerve root
- Patients whose imaging shows more than one possible source
- Candidates for surgery who need diagnostic clarity

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-nerve-root-blocks/



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