

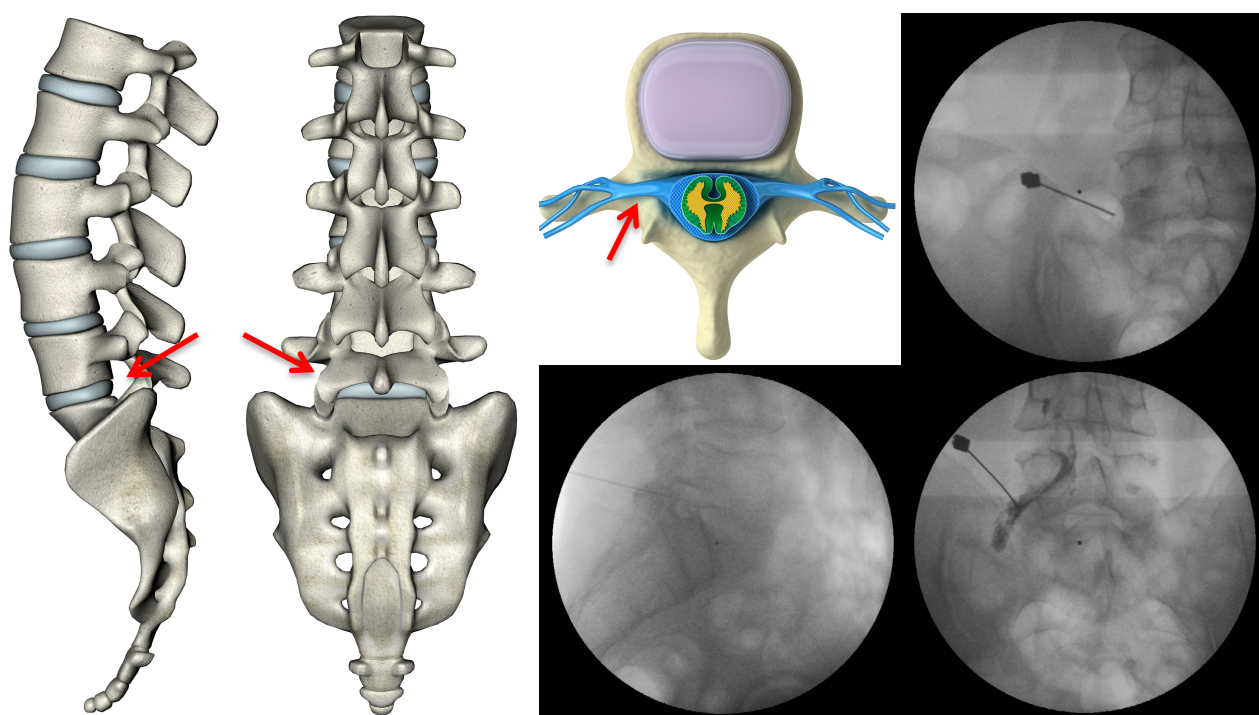
Lumbar Nerve Root Block / Foraminal Epidural

You have been listed for an injection called a lumbar nerve root block / foraminal epidural. You are likely to be complaining of pain in one or both of your legs, which may be caused by irritation or inflammation of the nerves in the lower part of your spine. The injection aims to reduce your pain and help to clarify where your leg pain is coming from.

About the Procedure

The injection is carried out as a day-case procedure and usually takes around fifteen minutes to complete. They are performed with you awake under local anaesthetic in the spinal orthopaedic treatment centre, operating theatres, the pain clinic or the radiology department. Sedation is not normally required. If it is, then you will need a planned admission to hospital and the procedure will be performed in theatre. This is very uncommon.

You will be asked to lie on a procedure table on your stomach and your skin will be cleaned with a cold antiseptic spray. Local anaesthetic will be injected into your skin to numb it. X-rays are then used to help guide a needle near the painful nerve root. Occasionally this will reproduce your leg pain indicating that the needle is in the right place. Some dye will then be injected to visualize the nerve on X-ray (as illustrated). Once the doctor is happy that the needle is in the right place, some local anaesthetic and steroid is injected. The needle is then removed and a cold adhesive spray or a small wound dressing is applied to the skin.



Before the Procedure

Wear loose comfortable clothing and arrange to have someone accompany you to and from the hospital. On average you will be in hospital around 1 hour if the procedure is performed in the radiology fluoroscopy suite / spinal outpatient treatment centre and between four and six hours if it is performed in the operating theatre suite (in which case you will be admitted to a ward). Please bring a list of all your medications including homeopathic and herbal remedies. You may bring your pain medication with you to take after the procedure. You can take it up to two hours before the procedure with a sip of water. Please take all your

routinely prescribed medications on the day of the procedure including blood pressure, heart, thyroid medications etc. ***If you are taking any form of anticoagulation therapy (blood thinners), you must let us know the name of medication and why you are taking it at least 2 weeks before the procedure.*** If you are diabetic you may eat breakfast and take your morning dose of medication up to 06:00 am. Do not eat or drink for two hours prior to the procedure time (i.e. if your procedure time is 09:00 am, you can eat a light snack up until 07:00 am). If you have had an MRI, CT scan or other imaging, outside the NHS, please bring copies with you. Without films, the doctor will NOT perform the procedure. You must be healthy on the day of the procedure. You cannot have a fever, infection, sore throat or cough.

Following the Procedure

You will be allowed home soon after the procedure but will need someone to take you. Please make sure you take any outside imaging (MRI / CT) home with you. You will need to be off work for 24 to 48 hours and you should not drive for at least 24 to 48 hours after the injection. Sometimes after the injection your back and / or leg may feel stiff or numb for a few hours and it should return to normal. It is important to gradually return to your normal activities. A follow up appointment will be made for you to find out if the procedure has helped. This is usually six to eight weeks after the injection. It is important to keep a record of your symptoms and pain both on the day it was performed and over the following weeks.

Risks of the Injection

Lumbar nerve root blocks / foraminal epidurals have very few risks. Uncommon complications include infection, injury to the nerves or coating around the nerves, headache, bleeding and allergic reaction. The steroid can affect blood sugar levels in people with diabetes, so blood sugar should be monitored more closely for a few days after the injection. Please contact a healthcare professional, the ward or your surgeon's secretary if you develop redness or swelling around the injection site, a high temperature or if you feel generally unwell.

Will it work?

The effectiveness of lumbar nerve root blocks / foraminal epidurals is variable and can depend on the underlying condition. For some people it can get rid of their leg pain permanently, and for others they can last for weeks or months. Unfortunately, no treatment is guaranteed to work, and for some people the injections are not helpful. It can take a few weeks for the injection to work, so please be patient. In general, 1/3 work, 1/3 work and the pain recurs and 1/3 do not work. It is very important to understand that as your leg pain improves, after the injection, you will need to start a regular exercise program to strengthen the muscles around the spine, to work on your fitness, and to begin normal movement again. This combination of injection and exercise gives the best chance for long term improvement in your back complaint.