



Therapeutic Spinal Injections

New Hampshire Orthopaedic Center offers diagnostic spinal injections including epidural, facet and sacroiliac injections.

Introduction

Back/leg pain, frequently referred to as sciatica, is often caused by inflammation of a disk and/or nerves. An epidural injection targets this pain by injecting a steroid (anti-inflammatory) medicine into the epidural space. The epidural space is the space outside the covering of the spinal cord. The epidural injection may help an injury to heal by reducing inflammation in the area. It may provide permanent relief or a period of pain relief for several months while the cause of the pain is healing. Injections are usually done as a series of three, spaced apart by two to three weeks.

During the Procedure

While lying on a special table, your back will be cleansed and prepared. The physician will numb the skin, which may sting for a few moments. Then, a special spinal needle will be inserted into the epidural space of the spine. A mixture of numbing solution (anesthetic) and an anti-inflammatory (steroid) medicine is injected. To ensure placement, the physician will use x-ray or fluoroscopic guidance.

After the Procedure

You will be brought to the recovery area for 20-30 minutes. A driver will need to accompany you home. There may be some discomfort in the initial few days after the procedure. Your physician will provide specific discharge instructions.