

## Epidural Steroid Injection (ESI)

### What is an it?

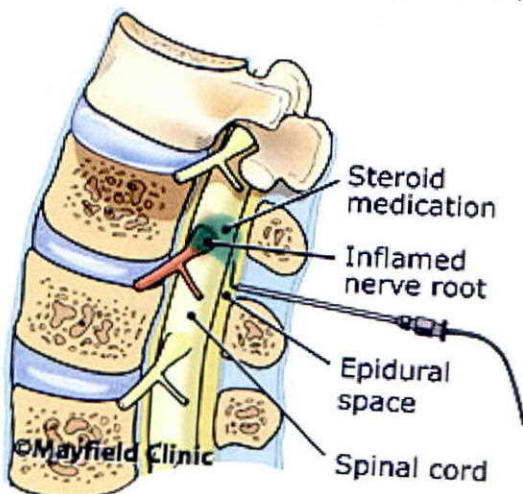
An epidural steroid injection is a type of nerve block used to decrease pain and inflammation. This minimally invasive procedure can help relieve neck, arm, back, and leg pain that is caused by inflamed spinal nerves, also known as radiculopathy. These injections may be performed to relieve pain caused by spinal stenosis, spondylosis, or disc herniation.

### How is it performed?

First, a local anesthetic is used to numb the area. Your physician performs these injections under fluoroscopic (x-ray) guidance to ensure accurate and safe localization of the medication. Once the target is reached, the medication is then injected into the epidural space of the spine. The procedure takes less than 15 minutes, and then the patient is in observed recovery for several minutes afterward.

### What are the expected results?

Relief due to the anesthetic is often felt immediately, but those effects may be temporary. Pain relief from the anti-inflammatory steroid medications will not typically occur for several days to two weeks. Leg pain from pinched nerve responds very well

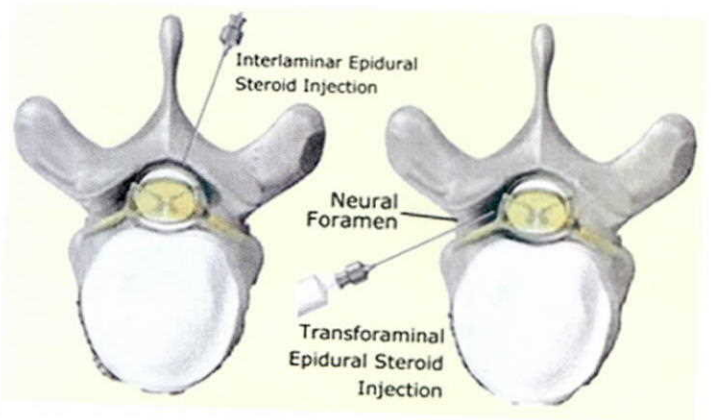


### Will my activities be decreased?

If local anesthetics are used, we advise you do not drive for 4-6 hours after the procedure. If sedation is used, you are not to drive or operate heavy machinery for 24 hours after the procedure. By the next day, normal activities may be resumed at a tolerable level.

### What are the risks and/or side effects?

Side effects and adverse reactions are rare. The medication used has been known to cause fluid retention, weight gain, elevated blood pressure, mood swings, irritability, insomnia, and an increase in blood sugar for diabetics. Other rare side effects or risks include worsening of the pain, bleeding, and infection. Catastrophic complications such as seizure and nerve damage are vanishingly rare.



4000 Mitchellville Road, Suite B322  
Bowie, MD 20716  
301-860-0305