

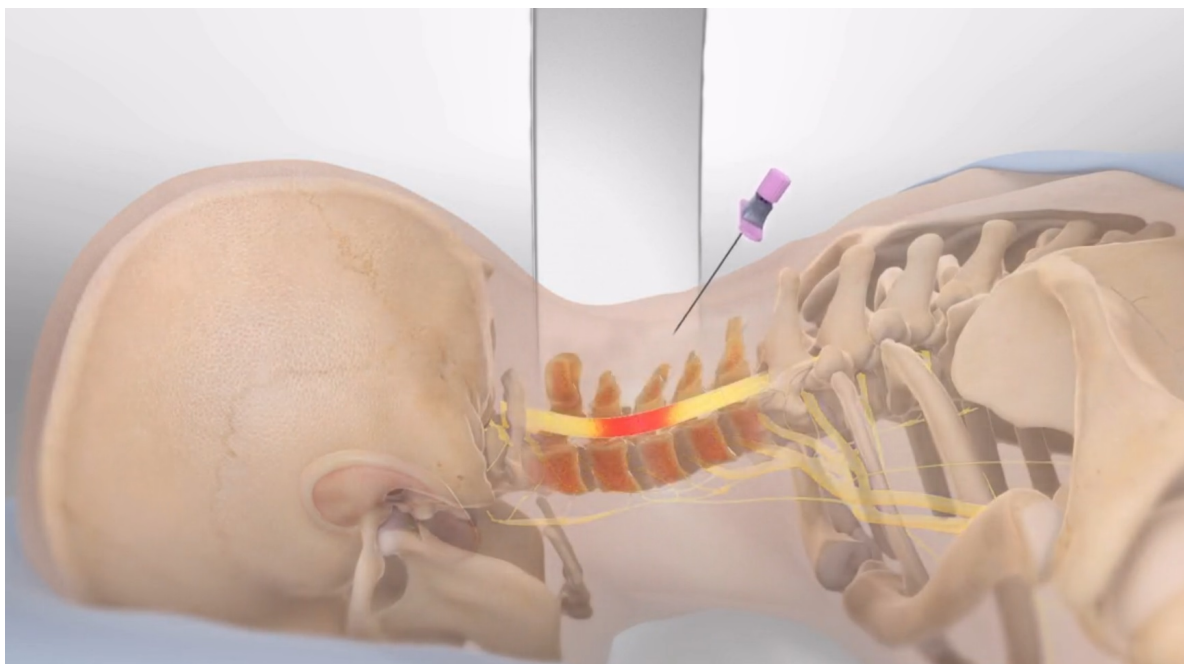
Epidural Steroid Injection (ESI) - Cervical Spine

Overview

This injection treats painful nerve swelling in your cervical spine (neck), which can be caused by spinal stenosis or a herniated disc pressing on a nerve.

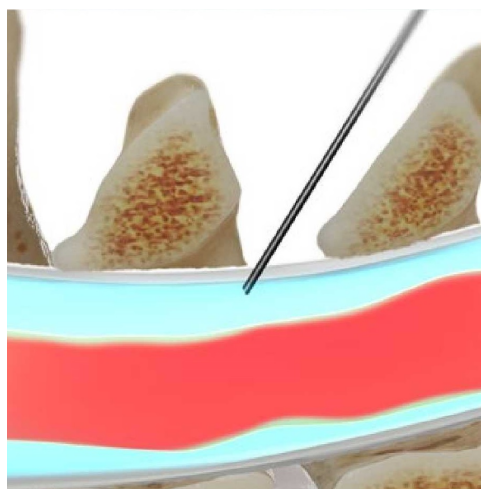
Preparation

To begin, you lie down while local anesthetic is used to numb the injection site.



Placing the needle

A needle is inserted through the numbed tissue. Using a video x-ray device (fluoroscope), the doctor will guide the needle into the epidural space around your inflamed nerve. The doctor may inject contrast dye to ensure the needle is in the right place.



Injection

Using the needle, the doctor bathes the painful nerve with medicine to reduce pain and swelling. You may need more than one injection if you have more than one painful nerve.

End of procedure

After your injection, you'll be watched for a short time before being allowed to go home. You may need repeat injections to get the full benefit.