

Epidural Steroid Injection (ESI) - Lumbar Spine

Overview

This injection procedure is performed to reduce nerve swelling and inflammation to relieve low back and radiating leg pain.

Patient Positioning

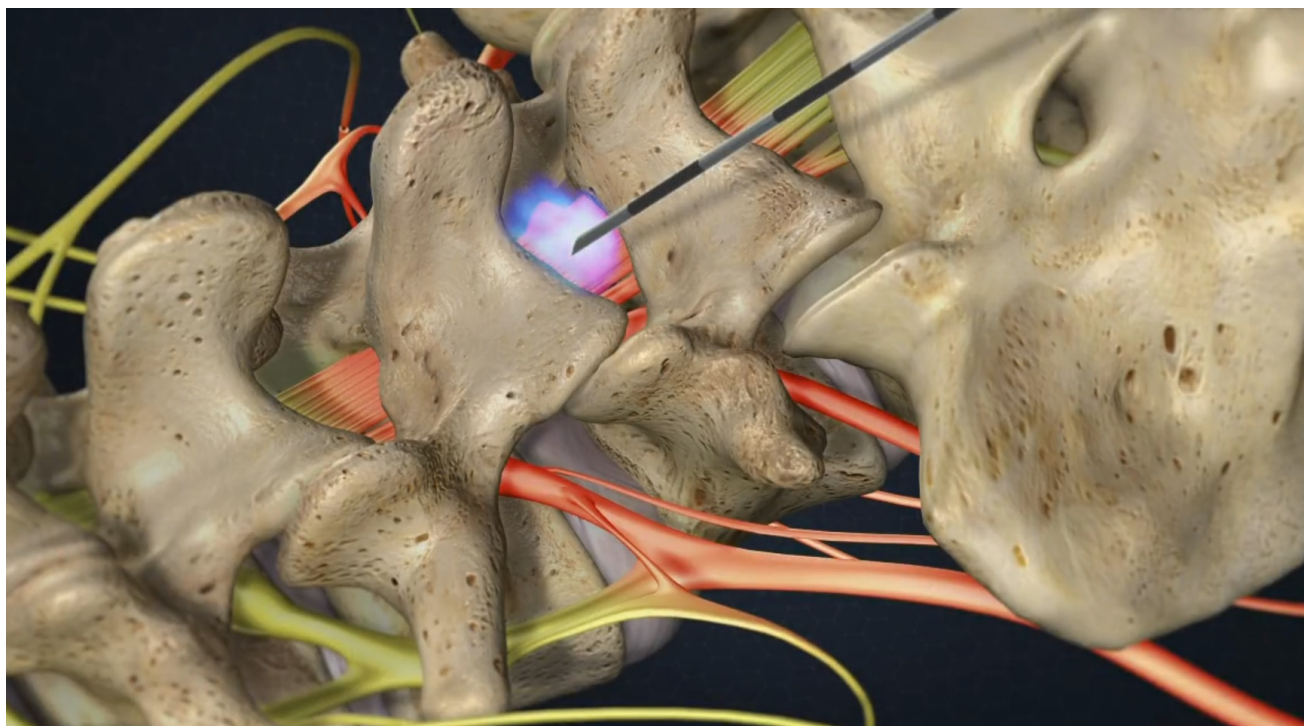
You lie face down with a cushion under the stomach area. This flexes the back to expand the spine and allow the doctor easier access to the epidural space.

Tissue Anesthetized

A local anesthetic is used to numb tissues from the skin all the way down to the surface of the lamina portion of the lumbar vertebra. The physician slides a thicker needle through the anesthetized track.

Fluoroscopic Guidance

Using a fluoroscope (video x-ray) for guidance, the physician slides the needle toward the epidural space between the lumbar vertebra. The physician injects dye to help confirm the correct location of the needle.



Steroids Injected

A steroid-anesthetics mix is injected into the epidural space, bathing your painful nerve root with soothing medication.

End of Procedure

The needle is removed, a small bandage is applied, and you are sent home. You may need to repeat the procedure a few more times to get the full benefit, though many patients feel immediate relief.