



### Epidural Cortisone Injection or Interlaminar Block

<b><i>What is it?</i></b>	An epidural cortisone injection or interlaminar block, is an injection of anti-inflammatory medication that is placed in your spine. A fluoroscope (x-ray machine) assists the physician in locating the nerve roots thought to be inflamed and contributing to your pain. It can be done in the neck, mid back, low back, or near the tail bone.
<b><i>Why is it done?</i></b>	This injection can be helpful to patients with pain in the neck, mid or low back, arm or leg. Examples of extremity pain include reflex sympathetic dystrophy (RSD), also known as complex regional pain syndrome (abnormal response of a nerve in the arm or leg). It is also helpful for patients who have been diagnosed with shingles (inflammation of spinal nerve).
<b><i>How is it done?</i></b>	If your doctor believes that you should have an intravenous (IV) catheter (tube) inserted, this will be done prior to the procedure. When you are in the procedure room, you will be asked to lie on your stomach on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) into your skin in the area where the cortisone (anti-inflammatory medication) will be injected. You may notice stinging for a few seconds. Next a slightly larger needle is inserted. Dye is then injected so that fluoroscopy (x-ray machine) can be used to confirm that the needle tip is located in the epidural space (the donut shaped space that surrounds the spinal canal which includes the nerve roots that begin in the spinal canal itself). A solution of local anesthetic and cortisone is then injected. The needle is removed and a small band aid is applied.
<b><i>Is there any preparation?</i></b>	You may receive conscious sedation. Conscious sedation is medication given through an intravenous (IV) catheter (tube) in your arm. The medication will help you relax, but it will not put you to sleep. If you opt to have conscious sedation, you <b>MUST NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. You may, however, take your medication with a <b>small sip of water.</b>
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<b><i>How long does it take?</i></b>	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 15 to 30 minutes, and you will be in the recovery area about 15-20 minutes.
<b><i>Risks</i></b>	The risks of this procedure include , but are not limited to : <ul style="list-style-type: none"> <li>*Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>*A reaction to the local anesthetic or dye. These reactions usually do not require further treatment.</li> <li>* Temporary numbness or weakness in one or both legs. This is normal. You should have assistance with walking and should not drive for 24 hours.</li> <li>* Bleeding in the injection area.</li> <li>* Infection in the injection area.</li> <li>* Increased pain</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>