

What is a spinal injection?

Spinal-injection is a common procedure to deliver anti-inflammatory medicine around the source of your pain arising from the spine. The aim of the injection is to reduce the pain and inflammation in the spine.

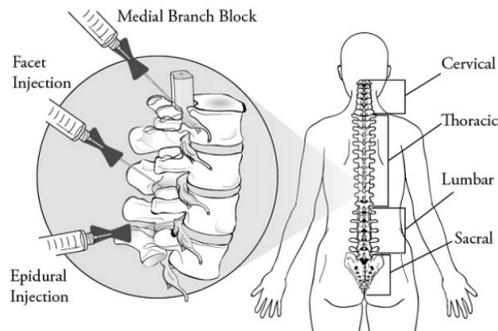
The commonest type of injection is a combination of local anaesthetic with a steroid like cortisone. All injections are performed in theatres equipped with live X-ray machine to visualize the injection as it is performed.

The local anaesthetic agent will provide early pain relief but is short acting. The steroid reduces the inflammation in the injected area. Its effect begins anywhere from 4-6 hours to one week after the injection.

Types of Injections:

Your doctor will decide which type of spinal injections will benefit you:

1. facet injection or facet block.
2. transforaminal epidural injection.
3. nerve root block.



For more Information & Videos

- sydneyspinepain.com.au
- spineuniverse.com/treatments/pain-management/spinal-injections-animation
- spineuniverse.com/treatments/pain-management/injections/facet-joint-block-animation

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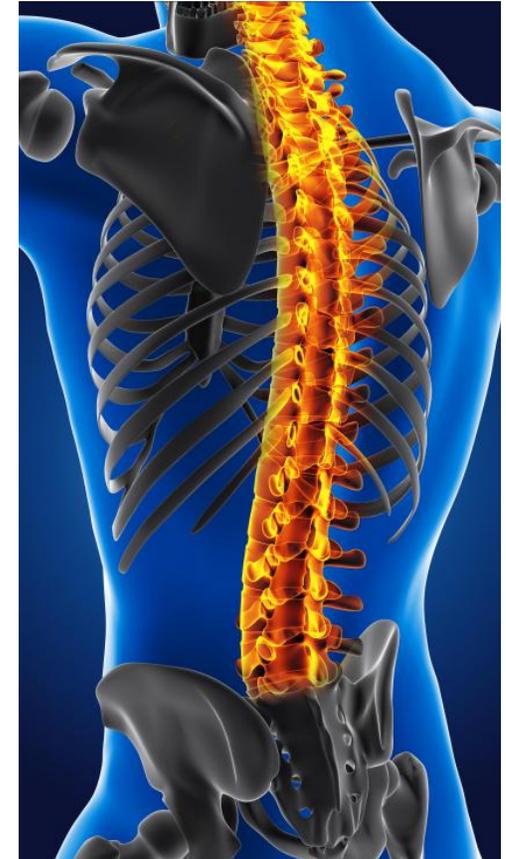
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Spinal Injections



What to do before the procedure?

- ✓ Organise transport home with a family member or friend as you won't be able to drive for 24 hours following your procedure.
- ✓ You will be advised of your fasting and admission time.
- ✓ If you are on regular medication, you may take it with a sip of water on the morning of your procedure.
- ✓ Please tell your doctor if you are taking blood thinning medications because you might need to stop them.
- ✓ Continue ALL your pain medication as usual.
- ✓ If you are a smoker, you are required to stop smoking a minimum of 2 hours prior to your procedure.

What happens at the hospital?

- When you arrive, you will be admitted to day surgery and changed into a gown.
- Our Anaesthetist will provide sedation before the procedure.
- The procedure takes around 30-40 minutes.
- Discomfort will be minimised by placing a local anaesthetic into your skin.
- After the procedure, you'll be taken to the Recovery Room where you will rest.
- **Keep in mind that you will be at the hospital for at least 3-4 hours in total.**

When should I start to feel pain relief?

It may take up to 48 hours for Cortisone (steroid) injection to begin to work.

Following your procedure, you can expect between 3 – 6 months of pain relief.

What happens when I go home?

You will be discharged once there is no pain or weakness.

Normal activities may resume 12 – 18 hours after the procedure when the local anaesthetic has worn off.

When to seek medical attention?

Contact your GP or Local Emergency Department, if you experience the following:

- A temperature above 38° that doesn't improve.
- Loss of bowel or bladder control.
- Loss or worsening muscle strength in the limbs.
- A headache in the standing position that's only relieved by lying down.

When should I come back for a follow up?

Usually in 3 to 4 weeks.



What activities can I do after the injection?

In the first 2 hours: We recommend that you rest and only participate in gentle activity.

With in the first 24 hours: We recommended that a cold pack is applied to your injection sites. After this time, heat packs may also be applied.

In the first 2 to 3 days: You may experience discomfort at the injection site.

How long will my pain relief last?

This will depend on your personal circumstances but it can range from a week to months.

Please also keep in mind that these blocks sometimes may be considered diagnostic of your pain triggers for further interventions.