

# TRANSFORAMINAL EPIDURAL STEROID INJECTION

## What is a Transforaminal epidural steroid injection?

A Transforaminal epidural steroid injection is a common procedure to treat pain and inflammation of spinal nerve roots or other conditions causing pressure on the nerve root. A corticosteroid is injected from the side of the vertebra through the neural foramen, above the opening for the nerve root and outside the epidural space, to reduce the swelling of the nerves and decrease the irritation of the nerve root.

## What is the epidural space?

The epidural space is the space between the spinal cord and vertebral wall.

## What causes pain in the epidural space?

Inflammation of the nerves, bulging discs, ruptured discs and bone spurs.

## What determines where the injection is placed?

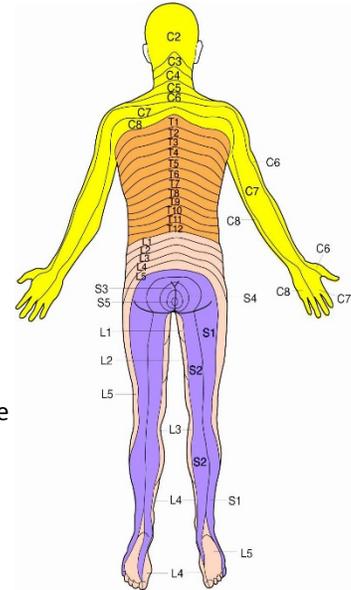
The Physician will decide where to place the injection dependent on the area in which your pain is radiating. (See chart)

## What is injected?

Corticosteroids are a strong anti-inflammatory medication.

## How is it injected?

These injections are performed outpatient, using fluoroscopy (X-ray) to guide the needle into the epidural space. Epidural steroid injections are given to help with your pain and are not always intended as a cure for the underlying condition.



\*Your injection **day** will be scheduled by Agape Pain Management and Lifestyle Center. The **time** for the injection is set up by Las Cruces Surgical Center and you will be called the day before your injection by Las Cruces Surgical Center and notified of the time for your injection. The nurses at Las Cruces Surgical Center will call you to go over your medical history and pre-procedure instructions prior to your injection. Please arrive for your injection at the time specified by Las Cruces Surgical Center. Your follow up after your injection will be scheduled by Agape Pain Management and Lifestyle Center four weeks after your injection.