



## Cervical Epidural Steroid Injection

Cervical epidural steroid injections are used to treat neck and upper back pain. During an epidural steroid injection, the skin surrounding the area to be injected is first numbed with a local anesthetic or numbing medicine using a small needle. Once the skin is numb, a larger needle is placed into the epidural space in the back. Local anesthetics along with a medication that can relieve inflammation are injected into the epidural space. It can take up to twenty-four to forty-eight hours for the anti-inflammatory medicine to decrease swelling and pain. Following the injection, you may experience temporary numbness or mild weakness in the arms or hands, soreness, or increased pain.

### **Side Effects:**

Side effects or complications after a procedure are very uncommon. Possible complications may include nerve injury, infection, or bleeding. If you experience an unexpected side effect or complication that concerns you, please contact the **PAIN TREATMENT CENTER** immediately. If complication occurs after regular business hours and requires emergency medical attention, please call or go to the emergency room. The hospital operator or emergency room personnel can page the doctor for questions that can be answered over the phone.

### **The night before you have your procedure done:**

You may not have anything to eat or drink after midnight. If you are diabetic, please do not take your morning insulin or diabetes medication the morning of your procedure. If you are on heart medication or blood pressure medication, please take your pills in the morning with a small sip of water.