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## **Cervical Epidural Steroid Injection**



### **Description**

A cervical epidural steroid injection is a procedure to help reduce neck pain and/or arm pain or tingling that is originating from the cervical intervertebral discs or cervical nerve roots.

### **How it is performed**

You will be lying on your stomach for the procedure, and the needle will be placed into the back of your neck. The injection is performed under x-ray in order to guide the needle to the appropriate area in your neck. The injection contains a corticosteroid (a.k.a. steroid) which is a strong anti-inflammatory medication. This medication is injected near the irritated cervical spinal nerves to reduce inflammation. The injection also acts by “flushing out” or pushing away the inflammation at that area.

### **The potential benefits**

The main goal of the injection is to provide temporary reduction of bothersome pain or tingling. The duration of relief can range from days to months, depending on the source and severity of your symptoms. Sometimes, additional epidural injections are necessary to achieve more sustained results.

### **The potential risks**

Fortunately, the risks of an injection are much lower than the risks of surgery. Most potential risks or side effects resolve spontaneously within a few days. Some of the more common side effects include soreness at the injection site, temporary increase in pain, headache, increase in blood sugar levels, warm body sensation/flushing, insomnia. Potential complications can include, but are not limited to, problematic bleeding, nerve damage, infection, and/or spinal fluid leak. However, these complications rarely occur.

### **What to expect after the procedure**

After the injection is completed, you will wait in the recovery room for at least 10 minutes if you did not receive IV sedation for the procedure (at least 30 minutes if you received IV sedation). When preparing to leave from the facility, you will be given more detailed discharge instructions. You should make a 2 week follow up appointment with our office to discuss the results of the injection and to develop a corresponding treatment plan.

Please contact our office at 630-372-1100 if you have any additional questions or concerns.