Atit Shah, MD • Jeremy Scarlett, MD • Michael Jung, MD • Raymond Sohn, DO
(920) 204-6758 | wispineandpain.com

WISCONSIN SPINE AND PAIN
INTERVENTIONAL PAIN SPECIALISTS

Selective Nerve Root Block/ Spinal Nerve Block

This procedure is an injection of a small amount of cortisone (steroid) and numbing medication around a very specific nerve root/spinal nerve that stems from the spinal cord. It can be done in the cervical (neck), thoracic (chest) and lumbar (low back) areas.

This injection allows the doctor to determine exactly what nerve root or roots are being affected. This can be a diagnostic test (finding out which nerve is involved) or therapeutic test (providing pain relief) depending on the medications that are injected. Although uncommon, risks may include bleeding, infection, allergic reaction to the medications, puncture of the membrane that covers the spinal cord, nerve damage and paralysis.

PREPARATION

Getting Ready for Your Procedure

To get ready for the injection, you will need to do the following:

• Tell your doctor the medications and herbal supplements you take, be sure to include aspirin and other over the counter medications. Ask whether you should stop taking any of your medications before the procedure. Refer to the medication form available at your clinic.

• Tell your doctor if you are pregnant or if you have any allergies, especially to medications, iodine or shellfish.

• If asked, bring x-rays, MRIs or other tests with you on the day of your treatment.

• For your protection, do not eat any food for at least 6 hours before your arrival time. You may drink clear liquids such as tea, black coffee, clear soda, clear juices (such as apple or cranberry) or water up to 2 hours before your arrival time but please do not drink any full liquids such as milk, orange or grapefruit juices.

The Day of the Procedure

The injection is performed in a hospital or outpatient surgery center.

• You may be examined by your physician and/or the nurses in the facility.

• You may be given an IV (intravenous) line for fluids or sedation medication.

THE PROCEDURE

In the Procedure Room:

• You will lie on an exam table on your stomach. It is important to stay as still as you can.

• The skin over the injection site will be cleaned with cold soap. This may or may not be the same area where your pain is located.

• The doctor will numb the skin with a local anesthetic.

WISCONSIN SPINE AND PAIN
INTERVENTIONAL PAIN SPECIALISTS

• Fluoroscopy (x-ray imaging) will be used to help your doctor see where the injection needs to go. A contrast "dye" will be injected into the region to help obtain a better image.

• An anesthetic to numb the region and/ or steroids (medications to reduce inflammation) will be injected around a specific nerve or nerves.

• You may feel some pressure or recreation of your pain symptoms during the procedure.

POST PROCEDURE

After the Procedure

You can usually go home in about 30 minutes. You will need to have a responsible driver if you are planning to have sedation for the procedure. A temporary increase in your pain may occur and should settle down in 1-3 days. You may experience some temporary numbness in your neck, back and/or your arms/legs.

Ask your doctor when it is okay to return to work. Your doctor will advise you when to schedule a follow up appointment to discuss the results of your injection and further treatment.