

Preparing for your Upcoming Cervical Epidural Steroid Injection

Your doctor has recommended that you have a cervical epidural steroid injection. These injections are often used to treat radicular or neuropathic pain. This is pain that occurs due to irritation of a spinal nerve root from a herniated or degenerative disc or arthritis in the spine that causes compression or irritation of the nerve(s). Radicular pain can be sharp or burning pain in neck into one or both arms.

Dr. Dumont uses epidural injections to treat neuropathic pain by delivering targeted steroid medication into the epidural space. The epidural injection is usually not painful because of the numbing anesthetic, but there may be mild tenderness for a few days after the injection. As with all therapies, the amount of pain or symptom relief will vary from person to person. Some patients have relief that lasts for years while others may only find short-term relief or no improvement. If needed, these injections can be repeated to help address your pain.



Dr. Justin Dumont
Interventional Pain
Management Physician
OrthoVirginia

Scheduled Procedure Time: _____

You must arrive 30 minutes before you scheduled procedure time. You must hold Aspirin 81 mg and NSAID medications prior to the procedure. Please consult the attached document with specific instructions for holding medications.

Procedure Location:

OrthoVirginia St. Mary's Operatory
5801 Bremono Road
Richmond, VA 23226
(804) 285-2011

You should consult with your doctor or Dr. Dumont's office before receiving the procedure if you:

- have an allergy to any anesthetic or contrast material
- are on blood-thinning medications
- have an active infection or have started taking antibiotics
- are pregnant
- have elevated blood sugars greater than 200 on the morning
- have a history of claustrophobia

Procedure Overview

- Once you arrive to the procedure room, you will be checked in by our staff.
- You will have an IV placed into your arm or hand as a precaution.
- After the check-in process is complete, you will be brought back to the procedure room.
- You will lie with your face down on the table, and the skin over the injection site will be cleaned with an antiseptic solution and sterile towels will be placed.
- The local skin and tissue will be injected with an anesthetic to numb it.
- Using live X-ray video called fluoroscopy, Dr. Dumont will insert a needle through the skin and guide it into the epidural space, where the irritated nerves are located.
- Dr. Dumont will confirm epidural access using several methods including a special syringe and the use of contrast. Once deemed safe, he will then inject a solution that contains a long-lasting steroid.
- You will be brought back to the recovery room to have your vital signs monitored and your IV removed. Once deemed safe you will then be discharged.

Although ESIs are considered relatively safe and are one of the most commonly performed procedures in the world for patients who suffer from back and neck pain, there are risks associated with the procedure. Among the risks associated with this procedure are headache, nausea, vomiting, bleeding, infection, and rarely nerve damage. The other risks of ESIs may be directly related to the medications injected, so all patients should discuss this with their doctor prior to the procedure.