

## **Selective Nerve Root Injection Information (Transforaminal Epidural Steroid Injection)**

Your doctor may be considering a selective nerve root injection, otherwise known as a selective epidural injection or transforaminal epidural injection. The purpose of this injection is to temporarily anesthetize (to “numb up”) a single nerve root level in the neck or low back. This injection is done for diagnostic reasons to help delineate the exact nerve root level involved with your pain. The injection also potentially has therapeutic benefit with the injection of corticosteroids in a highly localized fashion at the suspected site of pathology and nerve root irritation.

This is a common procedure with a very low complication rate. Most of these injections go smoothly, without significant adverse effect. There can be some increased discomfort temporarily after one of these injections, for a few days. Potential other complications might include infection, bleeding, headache, or nerve injury. These complications are rare.

You need to have someone with you who can drive you home after the injection. Following the injection, you can expect some possible numbness and decreased strength in your affected extremity. This will usually resolve after a few hours. Although you will be receiving a relatively low dose of corticosteroids, there can be side-effects from this including increased water retention, increased appetite, skin flushing, and mild insomnia. These side-effects are usually mild and transient in nature.

Please feel free to call our office if you have any further questions.