

## Lumbar Epidural Steroid Injection

### WHAT IS A LUMBAR EPIDURAL STEROID INJECTION?

A lumbar epidural steroid injection (LESI) is a minimally invasive procedure used to relieve pain caused by inflammation in the lower back. This type of injection delivers a combination of corticosteroids and a local anesthetic into the epidural space — the area surrounding the spinal cord and nerve roots. Corticosteroids reduce inflammation while the anesthetic provides immediate pain relief.

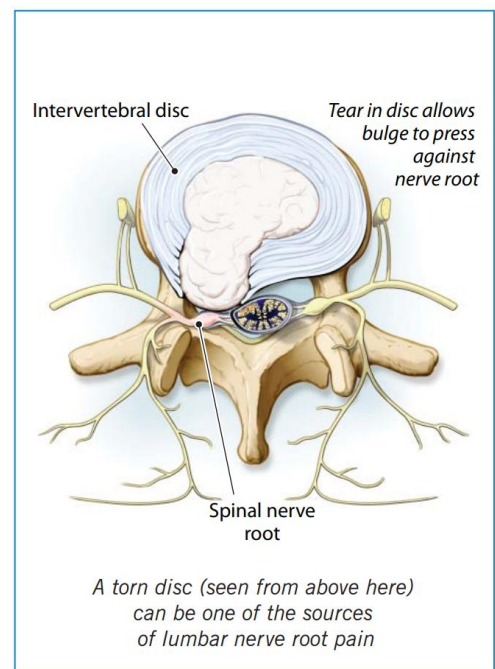
### WHO MIGHT BENEFIT?

LESIs are often recommended for patients experiencing lower back pain radiating down the legs (sciatica) due to conditions such as:

- Herniated or bulging discs
- Spinal stenosis
- Degenerative disc disease
- Spondylolisthesis

### HOW DOES THE PROCEDURE WORK?

- **Procedure Technique:** X-ray guidance (fluoroscopy) ensures accuracy as a physician guides a small needle into the epidural space. A contrast dye may be injected first to confirm placement, followed by the medication mixture.
- **Medication Effect:** A corticosteroid (like methylprednisolone) reduces inflammation around the nerves over a few days, providing relief that may last from weeks to months.



*A torn disc can be one of the sources of lumbar nerve root pain*

### WHAT ARE THE RISKS AND SIDE EFFECTS?

- **No relief:** Some patients don't respond to the injection, or relief is minimal.
- **Temporary discomfort:** Soreness at the injection site may last 1–2 days.
- **Rare complications:** Risks are low but include infection, bleeding, or nerve irritation. Extremely rare risks include spinal headache (from accidental dural puncture) or allergic reactions.
- **Side effects from steroids:** Temporary flushing, increased blood sugar (especially in diabetics), or mild mood changes may occur.

### BEFORE THE PROCEDURE

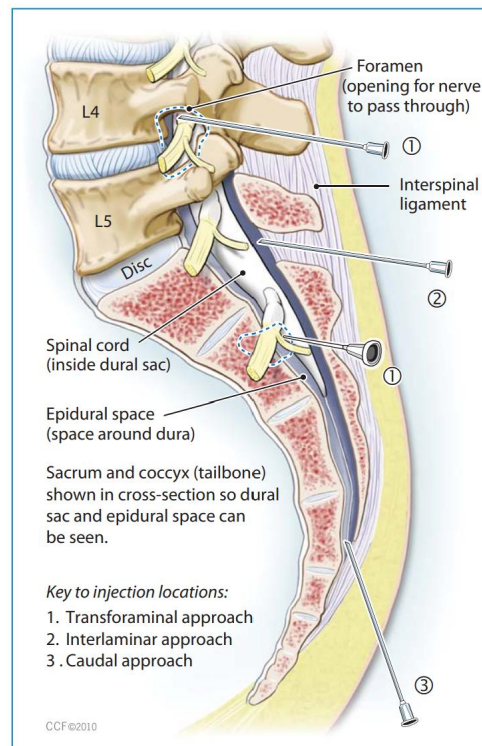
- **Medication Review:** Inform your provider about any medications you take, especially blood thinners or anticoagulants, as these may need to be stopped a few days prior.
- **Medical Conditions:** Notify us of any medical conditions like diabetes or infections, and any recent illnesses.
- **Diet:** Continue your normal diet for office procedures. Surgery center procedures require fasting if IV sedation is used.

## THE DAY OF THE PROCEDURE

- **Preparation:** You will need a driver due to possible temporary leg weakness from the anesthetic. Wear comfortable clothing.
- **Procedure:** The procedure takes about 5–10 minutes. You'll lie on your stomach and X-ray guidance ensures precision. A small needle delivers the medication into the epidural space.
- **Afterward:** You will receive post-procedure instructions and be monitored briefly before discharge.

## WHAT TO EXPECT AFTER THE PROCEDURE

- **Activity Restrictions:** Rest for the remainder of the day. Resume normal activities the following day. Avoid soaking the area (baths, pools, etc.) for 2 days; showering is fine. Resume your normal diet.
- **Immediate relief?:** You may feel better for a few hours due to the anesthetic, but this wears off. True relief from the steroid takes 3–7 days.
- **Post-procedure soreness:** Mild discomfort at the injection site is normal. Use ice packs (20–30 minutes every 1–2 hours) to ease it. Avoid heat for 1–2 days.
- **Full effect:** Pain relief typically peaks within 1–2 weeks and can last from several days to months, depending on the individual.
- **Follow-up:** A 2–3 week check-in helps assess results and plan next steps.



*Options for lumbar epidural steroid injections*

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**If you have any questions or concerns, please contact our clinic at (775) 870-1480. We hope to provide the best experience possible for you.**

### Central Reno:

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