



Epidural Steroid Injections

I recently had a Lumbar Epidural Steroid Injection for my lower back pain. Why did my pain get worse before it got better?

An Epidural Steroid Injection (ESI) includes both long acting steroid cortisone and a local anesthetic. The medicine is delivered into the epidural space of the spine, which is the area between the protective covering of the spinal cord and the vertebrae. An ESI is a non-invasive procedure done using fluoroscopy (live x-ray) for guidance; a needle is inserted into the skin and directed toward the epidural space.

Immediately after the injection, you may notice that your pain may be gone or lessened due to the local anesthetic injected. Unfortunately sometimes your pain will return and may even be worse a day or two. This is due to the process of needle insertion as well as initial irritation from the steroid itself. Other factors involved are the epidural space being surrounded by nerve roots that are most likely already inflamed. Patients are advised to reduce activities for 48 hours following the procedure to help healing. For patients whose pain is not relieved, please consult with your physician for the next step in your care.

For more information about Epidural Steroid Injections and to Get Back Into Life visit our interactive website at www.ThePainCenter.com



Dr. Todd Turley is fellowship trained in Pain Medicine and practices using a multidisciplinary approach. After completing his residency in Anesthesiology at Mayo Clinic Rochester, Dr. Turley completed his fellowship in Pain Medicine studying under some of the most respected pain specialists in the country. Some of Dr. Turley's specialties include sympathetic blocks, spinal cord stimulators, intrathecal pump implantations, discograms, vertebroplasty, radiofrequency ablation, disc decompression, and peripheral nerve blocks.

