



Epidural Steroid Injection

What is it?

An epidural is an injection of a long-lasting steroid into the epidural space in your back or neck. The epidural space is the area surrounding the spinal cord and the nerves coming out of the spinal cord. It is used to decrease pain for people who have back or leg pain or who have neck or arm pain.

How does it work?

A steroid is a medicine that helps decrease swelling. When the doctor injects this medicine, it works to reduce the pain or numbness you feel in your back, legs, neck, or arms. The medicine works by relieving the inflammation and swelling that caused the numbness.

How is it done?

You will be given medicine to numb your skin before the injection is to take place. The steroid is then put into the epidural space of your back or neck. The steroid is a medicine used to decrease the soreness in your back or neck. The injection only takes a few minutes to perform. After the injection, you will be observed for 10-20 minutes.

Will I feel better?

You can expect your pain to be less. However, a decrease in your pain may take about 3 to 5 days. Some people do feel a decrease in their pain sooner. During the 24 to 48 hours after the injection, some people have increased pain from the injection. The injection is usually repeated from 7 to 14 days. It is rare to receive more than 3 injections in a 6-month period.

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