

After the procedure

Patients are advised to consider the following:

1. You will be asked to rest for at least 30 minutes. The anesthetic medication will wear off in a few hours and it's normal for you to feel pain on the injection site. Cold compressions can be applied at home for 15 minutes three times a day.
2. You may take Paracetamol (Panadol) or other medication prescribed for pain. You will feel improvement after two to five days, this is when medications are expected to take effect.
3. You will be given an appointment for follow-up.
4. Go to the Emergency Department if you experience any complications.
5. If you have any further query, please ask your doctor at the day of the procedure.



Anesthesia Department
Chronic Pain Management Service

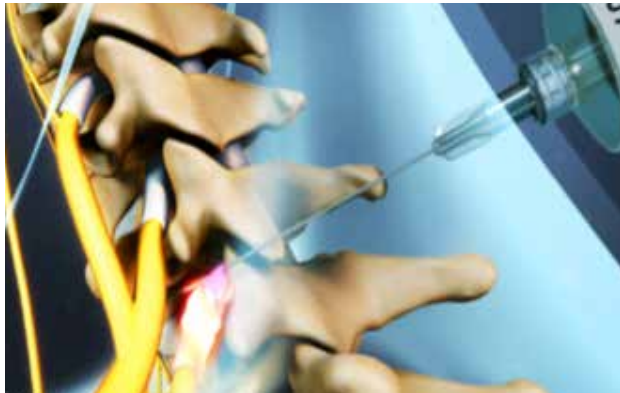
Patient and Family Education

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Nerve Root Blocks

What is it?

A nerve root procedure involves injecting a local anesthetic and/ or steroidal medications around the area where the nerve exits or what we call the foramen (the hole between the vertebral bodies), using Fluoroscopic x-rays as a guide. It is primarily used to diagnose the source of nerve root pain and secondarily for therapeutic purposes.

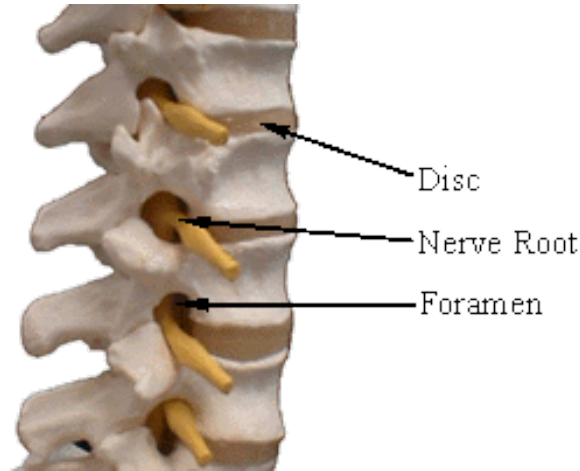


Procedure Overview

Indications

The procedure is intended to provide relief to those individuals who are suffering from the following conditions:

- Shoulder, neck, back and leg pain caused by compression and inflammation of nerve roots.
- Lateral disc herniation.
- Radiculopathy.



Before the procedure

Patients are advised to adhere to the following patient guidelines:

1. Fast for 6 hours prior to procedure.
2. Arrange for a family member/ friend to drive you home after the procedure.
3. Arrive at least 30 minutes early to avoid delays and cancellations.
4. Inform your physician about other disease conditions, medications or allergy to specific medications.
5. Inform your physician if you are pregnant.
6. Stop blood thinning medication (e.g. Plavix, Aspirin) as per your physician request.

7. Wear comfortable clothing and remove jewelries/ accessories before procedure.
8. You will be requested to wear the hospital gown.
9. An informed consent will be taken before the procedure.
10. An intravenous cannula will be inserted when needed.
11. You will be awake during the procedure and in very rare situations, sedation may be needed.

During the procedure

Your clinical team will assist with the following:

1. Help position you on your abdomen (stomach).
2. Monitor your vital signs during the procedure.
3. Clean and drape your back for procedure to reduce the risk of infection.
4. Administer local anesthesia at the site of treatment to numb the area.
5. Administer ultrasound guidance or X-rays during the procedure.
6. Inject a local anesthetic and/ or steroids (for reducing inflammation) where the affected nerve exits in the foramen.