

## What is a Transforaminal Epidural Steroid Injection?

A **Transforaminal Epidural Steroid Injection** (Transforaminal ESI) may help relieve pain in your lower back, legs, or feet. Reducing inflammation and pain can improve mobility and activity.

During the procedure, a small needle is inserted into the epidural space through the bony opening near the nerve root. This allows the steroid medication to be placed closer to the irritated nerve causing your pain. Steroids generally take 48-72 hours to begin working.

## When should I get emergency assistance?

Dial 911 or have someone take you to the nearest emergency room immediately if you experience either of the following:

- **Difficulty Breathing:** such as shortness of breath or pain when breathing (particularly after upper back or chest injections)
- **Severe Swelling**

Tell the emergency room staff that you just had a transforaminal epidural steroid injection. A physician must evaluate you for bleeding or respiratory complications.

## When should I call for help?

If you experience **weakness or numbness in your legs or feet, an increase in pain, fever, or chills**, you may need an immediate evaluation.

Contact Quantum Pain & Spine right away at:  
**(469) 913-6136**

## CONTACT US

PHONE:

**(469) 913-6136**



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EMAIL:

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WEBSITE:

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# TRANSFORAMINAL EPIDURAL STEROID INJECTION

Exceptional Care.  
Exceptional Results.

**1**

## The Day of the Procedure



**You must fast for 8 hours** before the procedure. This includes:

- Water, mints, gum, ice, candy, and all tobacco products.



You will need to bring a responsible adult with you to drive you home after the procedure. The driver must come into the clinic and wait in the waiting area throughout the entire procedure.



If you are nursing or may possibly be pregnant, please inform your physician. Before the procedure, sedatives (medications to relax you) may be administered.



If you take any **blood thinners** (Aspirin, BC Powder, Eliquis, Plavix, Pradaza, etc.) inform your provider. You may be asked to discontinue use prior to your procedure.



Take your regular medications (**blood pressure, diabetes, etc.**) **4 hours** before your procedure with a small sip of **water**.

- Administer insulin as usual.
- **DO NOT** discontinue any medication without first consulting with your primary care provider or referring physician.

**2**

## Procedure

The procedure takes approximately 20 minutes.

### Step 1

You will be lying face down on the table.

### Step 2

The injected area will be cleansed with an antiseptic solution and then numbed using a local anesthetic.

### Step 3

A nurse will monitor your vital signs during the procedure.

### Step 4

The physician will use X-ray to guide the placement of a thin needle into the targeted area in your low back.

### Step 5

After correct needle placement is confirmed by X-ray, a small amount of local anesthetic and a steroid medication will be administered to the nerves that bring sensation to that area.

### Step 6

A bandage will be placed over the injection site.

**3**

## After the Procedure

- You may need to be in our recovery room for about 15-25 minutes for observation.
- A bandage may be placed over the injection site.
- A nurse will provide you with a beverage and review your discharge instructions.
- Once the procedure is complete and you are ready to be discharged, our staff will notify your driver, who should be waiting in the reception area, so they can bring the vehicle closer. Our recovery room staff will then escort you in a wheelchair to meet your driver.

# POST-CARE

## Discharge Instructions

- Do not drive or operate heavy machinery for at least 24 hours after the procedure.
- If you are breastfeeding, please discard breast milk for 24 hours following your procedure.
- You may resume your normal diet.
- Do not engage in any strenuous activity.
- Do not take a bath; you may shower.
- You may remove any bandages in the evening before going to bed.
- Apply ice to the injection sites (4 times per day for 3 days).

## At Home

You may have mild discomfort once the local anesthetic wears off. This usually lasts 2 to 3 days. If discomfort occurs, apply ice to the area on the day of the procedure and use moist heat the day after the procedure.

**You may experience any of the following side effects up to 8 hours after the procedure:**

- **Leg muscle weakness or numbness:** If you have any leg weakness or numbness, walk only with assistance, as your legs may buckle when trying to walk.
- **Numbness or tingling** in your buttocks, legs, or feet.
- **Dizziness:** Lying down usually helps relieve dizziness, since it is frequently caused by a decrease in your blood pressure. Gradually sit up, and then stand after at least 10 minutes of sitting.
- **Mild headache:** Drink fluids and take pain tablets. If your headache persists or becomes severe, call your doctor.