

What are Spinal Injections?

Spinal injections are common procedures to deliver anti-inflammatory medicine around the source of your pain arising from the spine. The aim of the injections is to reduce the pain and inflammation in the spine.

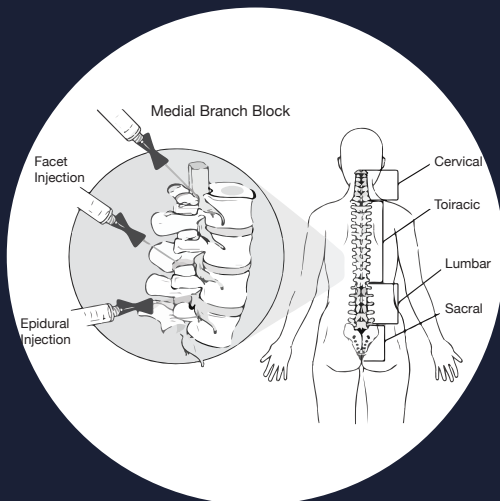
The most common type of injection is a combination of local anaesthetic with a steroid like cortisone. All injections are performed in theatres equipped with live X-ray machine to visualize the injection as it is performed.

The local anaesthetic agent will provide early pain relief but is short acting. The steroid reduces the inflammation in the injected area. Its effect begins anywhere from 6 hours to one week after the injection.

Types of Injections:

Your doctor will decide which type of spinal injections will benefit you:

1. Facet Injection or Facet Block.
2. Transforaminal Epidural Injection.
3. Nerve Root Block.



For more Information,
Videos and Resources,
visit our website.

advancedspinepain.com.au

Locations

Waratah Private Hospital
Suite 705, Level 7, 31 Dora Street
Hurstville NSW 2220

St Vincent's Clinic (Level 8)
Suite 808B, 438 Victoria Street
Darlinghurst NSW 2010

Prince of Wales Private Hospital
Suite 24, Level 7, Barker Street
Randwick NSW 2031

All Correspondence to
PO Box 95, Hurstville 1481

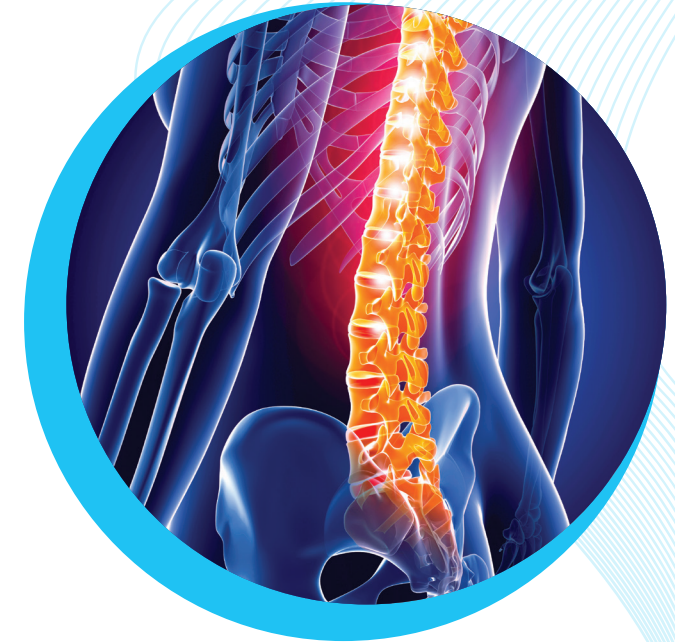
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SPINE & PAIN**



Spinal Injections

What to do before the procedure?

Organise transport home with a family member or friend as you won't be able to drive for 24 hours following your procedure.

You will be advised of your fasting and admission time.

If you are on regular medication, you may take it with a sip of water on the morning of your procedure.

Please tell your doctor if you are taking blood-thinning medications because you might need to stop them.

Unable to take Diabetes medications morning of procedure.

Continue ALL of your pain medication as usual.

What happens at the hospital?

When you arrive, you will be admitted for day surgery and changed into a gown.

Our Anaesthetist will provide sedation before the procedure through an IV drip.

The procedure takes around 30-40 minutes. Discomfort will be minimised with a local anaesthetic at the injection site.

After the procedure, you will be taken to the Recovery Room where you will rest.

Keep in mind that you will be at the hospital for at least 3-4 hours in total.

When should I start to feel pain relief?

It may take up to 48 hours for the Cortisone (steroid) injection to begin to work.

Following your procedure, you may receive between 3-6 month of pain reduction. We recommend speaking to your pain specialist if the pain returns.

What happens when I go home?

You will be discharged once there is no pain or weakness.

Normal activities may resume 24 hours after the procedure when the local anaesthetic has worn off.

You may experience common side-effects such as rashes on the injection site/s, redness and flushed sensation in the face, or generalised body rash, redness and warmth. These are common reactions to cortisone injections which resolve spontaneously. For itchiness, most people can manage with over-the-counter antihistamine medications.

When to seek medical attention?

- Contact your GP or Local Emergency Department, if you experience the following:
- A temperature above 38° that does not improve.
- Loss of bowel or bladder control.
- Loss or worsening of muscle strength in the limbs.
- A headache in the standing position that is only relieved by lying down.
- Pus coming out of the injection site.

What activities can I do after the injection?

In the first 24 hours: We recommend that you rest and only participate in necessary gentle daily activities. Continue taking your prescribed medications as advised by your doctor.

In the first 2 to 3 days: You may experience discomfort at the injection site which you may take simple analgesics like Panadol or Nurofen.

After 3 days: Return to your usual activities up to the level of your personal comfort. Your pain experiences should start to diminish.

How long will my pain relief last?

This will depend on your circumstances but it can range from a few weeks to several months.

Keep in mind that these blocks can sometimes be considered diagnostic of your pain triggers for further interventions.