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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Patient Information

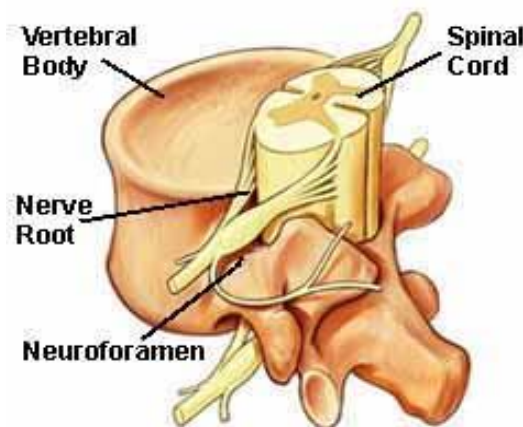
Lumbar Nerve Root Injection

Physiotherapy

The injection

You are attending the spinal orthopaedic unit for a lumbar spinal nerve root injection. This procedure is to identify the source of your pain and to help manage the symptoms.

The spinal nerves leave the spinal cord and travel down your legs to where they provide the feeling of sensation and move your muscles. If these nerves are not working properly or are being irritated, you may experience pain. The injection of steroid and anaesthetic around the nerve can reduce inflammation and provide pain relief to allow you to move and function better.



The procedure

You will be lying on your front in a theatre and an x-ray machine will be used to identify the correct level in your back.

A local anaesthetic will be administered to numb the area. A needle will then be inserted into your back and guided to the target area. Contrast dye will then be injected to ensure accuracy of needle placement.

Once the correct structure has been identified, further anaesthetic and steroid will be injected around the nerve.

You may experience some temporary pain/unusual sensation in your leg at the time of injection. This can further be used to reinforce correct needle placement.

Post procedure

You will remain in the department for a short time following the injection, following which you will be able to go home. You will not be able to drive yourself home and will need someone to accompany you home.

You will be asked to complete a pain diary and to return this to the department after the appropriate time.

Risks and potential complications

- Failure to control symptoms
- Allergic reaction
- Infection
- Worsening of pain
- Leg numbness or weakness secondary to local anaesthetic
- Failure to complete procedure
- Nerve damage (temporary or permanent)
- Spinal cord injury (temporary or permanent)