

### Hours of Operation

Monday–Thursday,  
8 a.m.–5 p.m.

Friday,  
8 a.m.–4 p.m.

## Spine & Neuro Center

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## Spinal Nerve Injections

This procedure is sometimes called a selective nerve root block (SNRB). It places anti-inflammatory medicine near the areas of inflammation. This can promote and help the body heal. The advantage of this method is that the dose applied to the injury site is many times more than you can ingest from pills. It can also help us confirm which spinal nerve is involved in your symptoms.

### Important

All medications or supplements that affect bleeding must be stopped. Nonsteroidal anti-inflammatory medication should be stopped two to three days before the day of the procedure. This includes Relafen, Naprosyn, ibuprofen, etc. Avoid taking aspirin, baby aspirin or any other aspirin products one week prior to the injection. If you have any questions regarding these medications, please call your doctor. Taking them prior to your injection may result in your injection being canceled. These medications may be resumed the day following the procedure. If you are taking Coumadin, you will need to consult the doctor that prescribed it for you. You will need to be off Coumadin four to five days prior to the injection and it will need to be approved by your doctor.

**You may not eat or drink anything two hours prior to your procedure. You will need someone to drive home.**

### The procedure

To perform the procedure you will lie face down on the table. We will clean your low back thoroughly then numb the area with a local anesthetic. Prior to inserting the medication, we use an x-ray machine to confirm proper needle positioning. Patients usually feel some pressure as the medication is injected but they tolerate the procedure well. The entire process takes only a few minutes.

### Afterward

The medication is a time-release Cortisone derivative. It is common to get no relief for 48 to 72 hours. The duration of the pain relief is variable and more related to the cause of the pain rather than the medication being used to treat the pain.

Most people experience few to no side effects from the steroid use. However, some may experience increased thirst, increased appetite and tissue swelling. Flushing of the skin is sometimes seen. Some patients will experience discomfort from the injections for a few days. Diabetic patients should monitor their blood sugars closely for the first 24 hours after the procedure because steroids can occasionally increase blood sugar levels. Because blood pressure can also be occasionally elevated, patients with hypertension should check their blood pressures following the procedure.

While being treated with injections, consider your back to be in a healing process. The time period of reduced pain following the procedure can be used to great benefit with a physical therapy and/or

home exercise program. Physical therapy, exercises and normal activity can be resumed the day following the procedure.

If you experience fever, chills or redness around the injection site, severe headache with vomiting or problems urinating, you should call the doctor who gave you the injection or go to an emergency department.