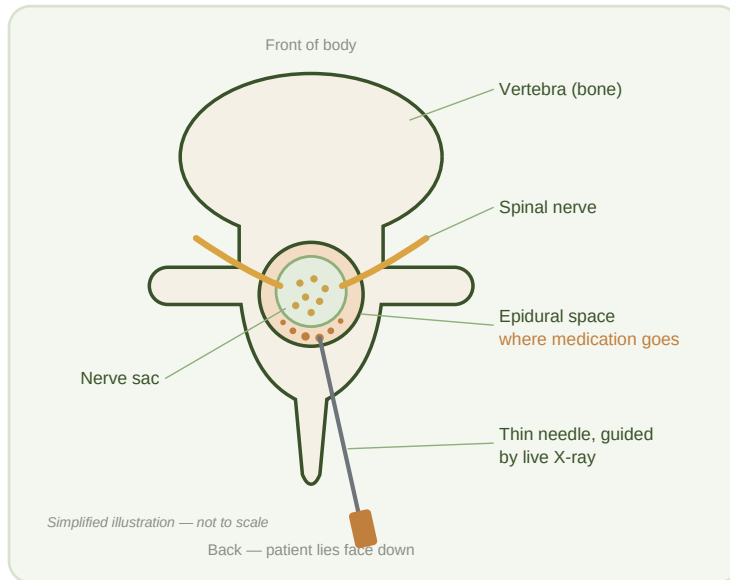


Lumbar epidural steroid injection

One of the most common procedures for back pain that spreads into the buttock or leg. A small amount of anti-inflammatory steroid and numbing medicine is placed in the epidural space — the thin layer around the spinal nerves — close to where the irritation is.



How long it takes

About 15–30 minutes. Plan on roughly an hour, including check-in and a short rest afterward.

How it's done

You lie face down. The skin is numbed first, and live X-ray (fluoroscopy) guides the needle; a little contrast dye confirms placement. Light sedation may be available.

Where it happens

St. Charles Surgical Center, 550 St. Charles Drive, Suite 101 — directly across from our office.

Going home

Same day. If you receive sedation, you will need a driver.

Some patients notice improvement within days; for others it takes longer, and some need more than one injection.

Before your visit

- take a blood thinner, including daily aspirin
- have diabetes — steroid can raise blood sugar
- are allergic to contrast dye, iodine, or latex
- are or may be pregnant
- have a fever or infection, or are taking antibiotics
- Bring your photo ID, insurance card, medication list, and any recent MRI or X-ray.
- Wear loose clothing, and arrange a driver if you will receive sedation.

After your procedure

- Mild soreness where the needle went in is common for a day or two. An ice pack can help.
- Your leg may feel numb or heavy for a few hours from the numbing medicine. This is temporary — have someone with you when you first walk.
- The steroid can cause temporary flushing, trouble sleeping, or higher blood sugar. If you have diabetes, check your sugar more often for a few days.
- Your care team will tell you when to return to your usual activities.
- Keep a simple note of how your pain changes over the next two weeks — it helps us plan what comes next.

Call us — (805) 557-7050

a fever; redness, swelling, or drainage at the injection site; or a severe headache that gets worse when you sit or stand.

Call 911 or go to the nearest ER

new weakness in your legs, numbness in the groin or inner thighs, or loss of bladder or bowel control.

This sheet is general information, not medical advice. Your care team will give you instructions specific to your situation — follow those if they differ from this sheet.