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An epidural injection is a type of back pain treatment that uses a combination of corticosteroids and local anesthetic to relieve pain and inflammation. Epidural injections are directed into the epidural space, located around the spinal cord and nerve roots. During an epidural injection, patients lay on an X-ray table with a pillow placed underneath their stomach. The area targeted for treatment is cleaned, and medication is administered to sedate the patient. A needle is inserted into the back, with an X-ray machine producing images to guide the needle to the affected area.

Can epidural injections help your back pain? Take a look below to see if you may be a candidate for this treatment.

Epidural injections are highly-beneficial for patients who have back pain that radiates down the lower spine into the legs or hips. The injections can relieve back pain caused by neurological conditions, such as degenerative disc disease, herniated discs, or spinal stenosis.

Epidural injections may be recommended if prior conservative treatments, such as medications or physical therapy, have failed to provide you sufficient relief.

Epidural injections are generally safe for all patients, although pregnant women are not considered good candidates for the procedure. Potential complications following an epidural injection include severe headaches, dizziness, and infection or bleeding within the spinal area.

Epidural injections contain medicine, which works to decrease pressure being placed on the larger nerves around the spine, which decreases back pain and swelling.

Epidural injections usually take only 15 to 20 minutes to complete. After the injection, patients should experience significant pain relief.

Contact Dr. Michael L. Gross to learn more about back pain treatment

Patients who are suffering from back pain that is not responding to conservative treatments may benefit from an epidural injection. Patients in the Emerson or Hackensack areas of New Jersey who are experiencing back pain and need to be evaluated by an orthopedist, are encouraged to contact Dr.

Michael L. Gross today.

Offices throughout Bergen and Essex Counties. We can be reached at 1-844-ACTIVE-ORTHO for 24-hour emergency care.