

Caudal Steroid Injection



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This pain management procedure is used to relieve low back, radiating leg pain and coccygodynia. The steroids can reduce the swelling and inflammation caused by stenosis, radiculopathy, sciatica and herniated discs.

During the caudal steroid injection, the patient lays face down and a cushion is placed under the stomach to arch the back and for comfort. A physician uses the fluoroscope to locate the small opening at the base of sacrum, known as the caudal epidural space.

Local anesthetic is used to numb the skin and tissue down to the surface of sacral hiatus. After the needle is carefully placed in the area, the contrast solution is used to help physician to see painful areas using fluoroscope. Then a mixture of anesthetic and anti-inflammatory medicine is injected into epidural space, bathing the painful area in medication. The needle is removed and a small bandage is used to cover the tiny surface wound.

Most patients have significant relief after one or two caudal steroid injections, however it may be necessary to repeat the procedure several times to obtain full benefit from medication.

Caudal Steroid Injection Side Effects

Common side effects could be compared with common injection side effects, i.e. allergic reaction, bacterial infection, bleeding in seldom cases. Effects from the steroid can include swelling of the face, eyes, arms and legs as well as blood sugar level increasing for diabetic patients.

The patient must inform the physician about pregnancy or if he/she takes blood thinning medications.

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