

Cervical Epidural Steroid Injection



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Cervical Epidural Steroid Injection (CESI) is used to relieve pain in the neck, shoulders, and arms caused by a pinched nerve as a result of herniated discs, spinal stenosis or radiculopathy. The medication injected can decrease swelling and inflammation.

During the procedure the patient lies face down. The intravenous anesthetic could be used to relax the patient. Local anesthetic is used to numb the skin and tissue in the neck area.

A physician uses the fluoroscope and places a larger needle to the painful area. The contrast solution is injected to confirm the correct location of needle tip. A mixture of anesthetic and steroids is injected into epidural space to be absorbed by the nerves for swelling decreasing and pressure relief.

The needle is removed and small bandage is applied. Some patients need only one injection but to have significant relief two or three injections two weeks apart could be applied.

Cervical Epidural 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. Steroids side effects 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 medication.

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DISCLAIMER: INFORMATION PROVIDED IN THIS SHEET IS GENERAL IN CONTENT AND SHOULD NOT BE SEEN AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. CONCERNS OVER MEDICAL CONDITIONS SHOULD BE DISCUSSED WITH YOUR PRIMARY CARE PHYSICIAN OR PAIN CARE SPECIALIST.