



# Transforaminal Injection

Transforaminal injections, also known as ‘nerve root blocks’, can be administered to the lumbar or cervical spine, providing pain relief and reducing inflammation in the targeted nerve.

Transforaminal injections have proven to be a popular treatment at the clinic, with lots of extremely positive feedback!

“I have seen wonderful results after my injection, I was able to complete my rehab exercises pain free and I’m now seeing the benefits of this in my overall strength and range of motion in my neck.” **Michael**

*Getting you back **to your best***

### What is a transforaminal injection?

A transforaminal injection contains a mixture of local anaesthetic and corticosteroids, this is injected into the spaces between the vertebrae where the spinal nerve roots are located. The anti-inflammatory steroid will reduce swelling and therefore reduce symptoms, for immediate and longer term relief.

### What conditions do transforaminal injections help with?

They can be used to treat a range of conditions that involve pain, degeneration or inflammation of the cervical or lumbar spine, discs or surrounding ligaments, such as severe local pain or radiating pain down the arm or leg. Such as sciatica and cervical radiculopathy.

We have seen some fantastic results at the clinic, supporting the research that shows 78% of patients returned to their normal activities faster after a cervical or lumbar transforaminal injection!

## THE PROCEDURE

### Before the procedure

At your initial consultation, the doctor will take time to understand your symptoms and undertake a thorough assessment to ensure the injection is right for you. It is important to let the doctor know of any known allergies, such as plasters and to inform us if you are pregnant. Please also let the doctor know if you have any medical conditions and take any regular medications including blood thinning medications. This is also a great opportunity to ask the doctor any questions you may have about the procedure.

Before having your treatment eat and drink as normal, including taking any regular medication (unless otherwise advised by the doctor, e.g. blood thinning medication).

Please come to your appointment wearing loose, comfortable clothing.

### What to expect during the procedure

The doctor will explain everything to you

before your procedure and ask you to sign a consent form to confirm that you are happy to proceed.

All spinal injections are performed using our high-tech fluoroscopic x-ray for guidance and precision, by using this image guidance for accuracy and safety, the doctor can be confident the injectate is being delivered to the specified nerve root. Depending on the location of your injection, you may be asked to lie on your side (cervical) or on your front (lumbar), to allow the doctor to access the affected part of your spine.

Local anaesthetic is used on the injection point to make the procedure as comfortable as possible for you, once the position of the needle has been checked with a special dye, and x-ray images taken from two different views, the steroid will be injected. Some patients experience feelings of pressure as the fluid is injected, however are often surprised at how quick and comfortable the process is.



## AFTER CARE ADVICE

**Wound care:** You will likely have a small plaster on the injection site. You can shower as normal the following morning but please avoid soaking in baths or hot tubs for at least 48 hrs. You can remove the dressing after 24 hrs.

**Rest:** Studies have shown a period of rest may improve the effect of the injection. It is advised to follow relative rest of the area for 2 days and then to avoid strenuous activity, such as heavy lifting for up to 2 weeks.

**Pain relief:** Occasionally people notice a flare-up in their pain within the first 24 hours of the injection. This often rights itself after just a couple of days, but taking simple pain relief like paracetamol will help. You can also apply an ice pack (10 mins 1x per hour- remember to protect your skin from direct contact with the ice).

### Can I drive after the injection?

It is recommended that you have someone to drive you home following this procedure. We will welcome them into the clinic and even offer them a cup of tea!

**Follow up:** It is strongly advised to book in to see your physiotherapist at the Back and Body Clinic around 7 days after your injection so they can support the next stage of your recovery and progress your rehab to get you back to your best!

**The injection has not worked, what should I do?** Please rest assured that our team will support you. There are often many more treatment options to be explored, in addition to the possibility of repeating the injection. Get in touch with our team and we can discuss the next steps.

## EXPECTATIONS

### How long will it take to work?

In some cases the benefit may appear almost immediately. However, the injection is a long acting steroid which may take around two weeks to become fully effective. It is common to not feel a huge benefit for the first day or two and some people may feel a slight increase in their symptoms temporarily, but this should begin to settle within one week.

### How long will it last for?

We have seen patients make a full recovery with transforaminal nerve root blocks time and time again. This is even more likely when patients have also benefited from the guidance of our experienced therapists who specialise in treating back and leg pain.

However, this is not always the case sometimes we see patients symptoms return after 3 months or so. If you do feel the effects wearing off sooner than you would have liked, please don't worry, the procedure can safely be repeated to give a longer lasting effect.

## COMPLICATIONS

While it is a very safe procedure and every precaution is taken to minimise risk, some complications may still occur in a very small number of cases.

Very rarely you may get an infection from the injection. Please watch out for any redness, swelling, a fever or a severe increase in pain. This is very uncommon and the risk is around 1:20,000.

There is 1:7,000 risk of bleeding, bruising, localised infection or an allergic reaction such as a rash, shortness of breath and dizziness.

Other possible side effects are facial flushing, temporary changes to a women's menstrual cycle and changes in mood. It is also common to see a rise in blood sugar levels for a few days after the injection if you have diabetes.

If you are worried about any of the above, please discuss this with your doctor.

## CONTACT

Should you have any concerns regarding your procedure during clinic opening hours, please contact us directly on **01604 439066**.

If you are concerned out of clinic hours, then please contact **111** or go straight to the closest A&E department.



[BackandBodyClinic.co.uk/injections](https://BackandBodyClinic.co.uk/injections)

01604 439 066 / [info@backandbodyclinic.co.uk](mailto:info@backandbodyclinic.co.uk)