

# Epidural Injection

## Post-procedure

The local anaesthetic may cause numbness in your leg which can last for up to a few hours. Staff will monitor you after the injection and you will be OK to leave once normal sensation/movement returns. Pain relief can take a few days to occur so you may need to continue with your current medication for a short time. You may return to normal activities, although strenuous activity should be avoided.

## Risks and side effects

Complications are rare during this procedure however you should be informed of the possible risks and side effects.

### *Risks associated with this procedure include:*

- Pain or discomfort at the needle insertion site, or bruising after the procedure.
- Temporary numbness or a tingling sensation can sometimes occur. Injection into the spinal cord (thecal) sac is extremely rare as X-ray dye or air is used to confirm correct needle placement, however, temporary loss of nerve function due to local anaesthetic, or scarring (arachnoiditis) may occur. If the sac containing the spinal nerve roots is punctured during needle placement fluid may leak out over time resulting in a headache. The risk of headaches is about 5% after sac puncture.
- Infection is rare but may involve redness or swelling and increased back pain, usually after 48 hours. Superficial infection is the most common form and responds rapidly to antibiotics; deep infection is extremely rare, but can be severe and associated with pressure on the spinal nerves that may require surgery. Increasing back or neck pain needs to be promptly reported to us and your referring doctor.
- Risks associated with X-ray contrast and local anaesthetic injections include nausea and mild reactions such as rash or itching. Severe allergic reactions including life threatening anaphylaxis are very rare.

**If you experience any side effects please call us on 6382 3888 or contact your GP.**

**If you are still concerned and it is after hours please contact your nearest Emergency Department.**



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