

Nerve Root Block Injection

Trauma & Orthopaedic

Introduction

This leaflet is for patients considering a Nerve Root Block Injection (NRBI).

The purpose of this leaflet

Before you agree to any treatment it is advisable to obtain information about your condition. This means knowing what the problem is, the treatments that are available, the risks and any alternatives. This leaflet should help you make a decision alongside discussion with your doctor. Do mention any worries that you have and ask for more information at any time.

What is a Nerve Root Block Injection?

This is an injection around the nerve root as it leaves the spine. The injection is a mixture of a small amount of local anaesthetic and steroid (Triamcinolone) around the nerve root.

What are the benefits?

The injection is usually done to try and relieve or reduce lower limb pain from nerve root irritation.

What are the risks of the procedure?

Some patients may not derive any benefit from the injection and in a small number of patients the discomfort or pain may get worse. The risk of infection, requiring antibiotics or a further procedure is in the region of 1:10,000. Very rarely, interruption of the blood supply to nerves may lead to temporary or permanent paralysis and, or, incontinence.

Who does the procedure?

A clinician will carry out the procedure

What does the procedure involve?

The nerve root block injection will be carried out as a day case procedure.

The procedure involves lying flat on your stomach and a local anaesthetic is applied over your lower back. With X-ray guidance, a needle is inserted near the nerve root and usually its position confirmed with a small amount of X-ray dye.

During the procedure you may experience transient (short lived) discomfort or worsening of the leg pain.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

You may experience temporary weakness, heaviness, or numbness in the leg; this rarely lasts more than a few hours, but you need to be careful when you try to stand after the procedure.

The procedure takes between 20 – 30 minutes.

What happens after the procedure?

We advise that you should NOT attempt to drive until the next day.

At home

Pain relief usually kicks in within a couple of weeks, but occasionally up to six weeks following the injection; **you are therefore advised to continue to take usual painkillers for at least 2 weeks after the injection.**

Following your nerve root block injection, you are advised to monitor your symptoms and keep a diary which will help the surgeon at the next review to establish where the pain comes from and help further decision making.

Follow up appointment

A review clinic appointment will be forwarded to you in due course.

Contact Details

New Cross Hospital / Cannock Chase Hospital

Main Switchboard
01902 307999

Cannock Chase Hospital

Holly Bank Day Case Unit
01543 576742

New Cross Hospital

Orthopaedic / Fracture Clinic
01902 695380

Monday – Friday, 8:30pm – 4:30pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。