



Information for You from Your Health Care Team

Transforaminal Nerve Root Injections

A Transforaminal Nerve Root Injection involves injecting a steroid and local anesthetic right to the nerve root where it comes out of the space between two adjacent vertebrae. This allows for the medicine to get closer to the nerve that is causing the pain.

When is a Transforaminal Nerve Root Injection Used?

This type of nerve root injection is used when:

- Back Pain that radiates to your legs
- Pain associated with narrowing of a disc space
- When there is a surgical scar tissue that does not allow for the use of epidural injections

What happens during a Transforaminal Nerve Root Injection?

The procedure is done under X-ray. You will be asked to lie on the X-ray table face down. A local anesthesia is given to numb the area around the nerve. Using x-ray guidance a needle is inserted into the foramen. Once the position is verified under x-ray a small amount of radiographic dye is injected. After the spread of the dye is verified and that the needle is not in a blood vessel a local anesthetic and steroid is injected.

What are the side effects and possible complications?

- Pain at the site of needle insertion
- Nerve irritation during the procedure
- Numbness, tingling, and weakness of the leg for a short time after the injection
- Complications that rarely occur are:
 - Bleeding
 - Infection
 - Nerve damage
 - Injection into a blood vessel or into the spine canal.

What do I need to do after the procedure?

You will need someone to drive you home.