



Caudal Block or Caudal Epidural Injection

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| <i>What is it?</i> | A caudal block is an injection performed through the caudal canal (tailbone area). A fluoroscope (x-ray machine) assists the physician in locating the collection of nerve roots thought to be inflamed and contributing to your pain. |
| <i>Why is it done?</i> | This procedure is performed on patients with low back pain or pain in the lower extremities (legs). Patients who have had back surgery and developed adhesions, or have pain that is thought to originate in the nerve roots of the spinal column, this type of block may help. |
| <i>How is it done?</i> | You will be asked to lie face down on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) into the area where the injection will be administered; this may sting for a few seconds. Next, a needle is placed in the tailbone area, and dye may be injected to confirm correct location of the needle tip with the assistance of fluoroscopy. A solution of local anesthetic and a cortisone derivative (anti-inflammatory medication) is then injected. The needle is removed and a gauze dressing will be placed. |
| <i>Is there any preparation?</i> | You may receive conscious sedation. Conscious sedation is medication given through an intravenous (IV) catheter (tube) in your arm. The medication will help you relax, but it will not put you to sleep. If you opt to have conscious sedation, you MUST NOT EAT OR DRINK for 4 hours before your procedure. You may, however, take your medication with a small sip of water. |
| <i>What to wear?</i> | Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home. |
| <i>How long does it take?</i> | We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 15 to 30 minutes, and you will be in the recovery area about 15 minutes. |
| <i>Risks</i> | The risks of this procedure include, but are not limited to: <ul style="list-style-type: none"> * Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * A reaction to the local anesthetic or dye. These reactions usually do not require further treatment. * Temporary numbness or weakness in one or both legs. This is normal. You should have assistance with walking and should not drive for 24 hours. * Bleeding in the area of the injection * Infection in the area of the injection * Increased pain * Nerve damage, paralysis, stroke and even death. |