



## Cervical Transforaminal Block (Selective Epidural)

<b><i>What is it?</i></b>	A cervical transforaminal block procedure is an injection performed on the cervical spine (neck area). A fluoroscope (x-ray machine) assists the physician in locating the nerve roots that are thought to be inflamed and contributing to your pain.
<b><i>Why is it done?</i></b>	This procedure is performed on patients with pain that radiates from the neck to the arm(s). Examination and/or test (MRI, EMG) results show evidence of nerve root entrapment or injury. Some diseases that may cause nerve root entrapment include: herniated (ruptured) disc, a bulging disc, arthritis or bony spurs (protrusions) in the neck. Some patients who have had neck surgery may have developed scar tissue that has compressed the nerve.
<b><i>How is it done?</i></b>	Prior to the start of the procedure an intravenous (IV) catheter (tube) is placed in your vein. When you are in the procedure room, you will be asked to lie on your back on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin, this may sting a little. Next, a small needle is placed and dye may be injected to confirm correct location of the needle tip in the neural foramen (the hole where the nerve root exits) with the assistance of fluoroscopy. The dye will spread along the nerve root itself and into the space surrounding the spinal canal. Once the nerve root location is confirmed, a solution of local anesthetic and a cortisone derivative (anti-inflammatory medication) is then injected. The needle is removed and a small band aid is applied.
<b><i>Is there any preparation?</i></b>	You may receive conscious sedation. Conscious sedation is medication given through an IV (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 <b>MUST NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. You may, however, take your medication with a <b><u>small sip of water.</u></b>
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<b><i>How long does it take?</i></b>	We ask that you arrive 30 to 45 minutes before the scheduled time of your procedure. The procedure is about 15-30 minutes, and you will be in the recovery area about 15 minutes.
<b><i>Risks</i></b>	The risks of this procedure include, but are not limited to: <ul style="list-style-type: none"> <li>* 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.</li> <li>* A reaction to the local anesthetic or dye. These reactions usually do not require further treatment.</li> <li>* Temporary numbness or weakness in one or both arms. This is normal. You should not drive for 24 hours.</li> <li>* Bleeding in the area of the injection</li> <li>* Infection in the area of the injection</li> <li>* Increased pain</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>