

# **Local Anaesthetic/Steroid Foraminal (nerve root) injections, Cervical (neck and arm pain) (page 1 of 2)**



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Author: Sarah Morgan  
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This injection is placed directly into the area surrounding your affected nerve root - at the point where it emerges from the side of the spinal column.

During the procedure, before the main injection is given, a small number of mini x-rays are taken. Dye may also be used to outline the affected nerve root. This will help the doctor place the medicine accurately.

## **How quickly will the injection take to work, and how long will it last?**

This varies between patients, but improvement usually starts in 3 to 4 days. If it is helpful, the benefit given in the first 2 or 3 weeks is often enough to get your neck or arm over the problem.

## **Do I need to rest after the injection?**

After the first 20 or 30 minutes rest there is no special reason for restriction, other than not driving yourself home. It is sensible to continue to be careful with neck and arm movements as before. In the days ahead it will not harm you if you wish to get back to whatever you were doing before you had the injection.

## **Are there any side effects?**

It is not uncommon to expect some increase in pain and soreness up to 24 - 48 hours after the injection. Please carry on taking your normal painkillers if necessary.

The steroid part of the injection may cause some people to feel flushed and have a temporary reddening of the face. This should pass off within 48 hours.

Some women experience a short-lived upset of their normal menstrual cycle (that is their next period may be delayed).

**Serious side effects are extremely rare** but please be aware that the possibility of infection can exist with any injection, however careful we are.

**It is important that if you suffer from any of the following you should see your GP promptly, or go to your nearest 24-hour Casualty/Accident and Emergency Department:**

- The area around the injection becomes more sore or inflamed in the following days.
- You have increasing pain after the initial 48 hour period.

**Pain Clinic**

**Tel: 01722 336262 ext 2050**

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injections, Cervical (neck and arm pain) (2 of 2)



- You feel generally unwell, feverish and develop a headache.
- You notice a change of sensation (numbness or tingling) in your neck, shoulder and arm area.
- You notice weakness in your shoulder and arm.
- You experience any other symptoms that worry you.

Drugs given:

Date:

**\*Please bring this sheet with you to the hospital\***