

Cervical Interlaminar Epidural

A cervical interlaminar epidural is a steroid injection into the space between the outer surface of the dural sac and the bones of the vertebral column. An epidural steroid injection refers to the injection of a corticosteroid into the epidural space of the vertebral column in order to treat pain.

Conditions treated

You may benefit from a cervical interlaminar epidural if you suffer from:

- Degenerative disc disease (DDD)
- Fracture
- Spinal stenosis
- Cervical radiculopathy

Duration

Less than 30 minutes

How is it performed?

Prior to the steroid injection, the site of the injection will be cleaned, and your physician will administer a dose of local anesthetic to numb the area. Under the guidance of fluoroscopic x-ray, your physician will insert the needle into the epidural space. Once assured the needle is in the correct place using contrast, the steroid solution will be injected. Your vital signs will be monitored for the duration of the procedure.

Prior to your appointment

You should continue taking all medications except blood thinners before the procedure. Please see your medication handout to know when to hold and resume these medications or ask your doctor.

What to expect after the procedure

Once the steroid is injected, you may feel brief pins and needles and/or pressure in the arms. As the numbing medication wears off over the first couple days after the procedure, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief. Ice is typically more helpful than heat during the first few days after the injection.

You should not drive or engage in physical activity for 24 hours following the procedure, but you may resume medications (except blood thinners) and regular eating habits immediately.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

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