



CAUDAL EPIDURAL

The caudal epidural is beneficial to reduce the low back (lumbar) pain caused by an irritation of the spinal nerves. This injection relieves the pain by reducing swelling and irritation of those nerves caused by a herniated disk, facet joints or a reduction of the spinal canal (spinal stenosis).

The solution administered is made of a local anesthetic and normal saline. A corticosteroid (cortisone) can be added to this solution. However, a minimal quantity of cortisone is injected. If necessary, cortisone could be used again two weeks after the first treatment and every three to six months thereafter.

Benefits

The caudal epidural gives a relief of variable length and intensity. However, if that procedure relieves the pain, it can be repeated as necessary.

Before your appointment

- If you feel ill, if you have a cold or if you are feverish, please call us at 613-824-4223 to postpone your appointment.
- Eat a light meal.
- Plan for a driver to bring you back home.
- Take your medication as usual.

During the injection

- You will be lying on your stomach.
- Your skin will be disinfected and anesthetized with the injection of a local anesthetic.
- The injection site will be identified by palpation or ultrasound examination.
- You will feel some discomfort during the injection. A pressure could be felt in the back and the legs. It will be temporary.
- If, at any time, you experience severe pain or you feel dizzy or ill, you must tell the doctor so he can make sure that the procedure takes place with the least possible discomfort for you.

After the injection

- You will stay lying down on the examination table for a few minutes.
- If, when you get up, you feel weak or dizzy, you will have to lie down again to recover quickly.
- When you feel well, you will be able to dress but will need to wait thirty minutes in the waiting room before leaving.
- If you feel dizzy, you must tell the doctor or his assistant so they can help you lie down again.

At home

- If the doctor applied a bandage, you can take it off.
- The doctor might ask you to lie down on your back for an hour or two with a pillow under your knees.
- You can take a bath or a shower.
- You will be able to resume your normal activities 3 to 4 hours after the treatment, when your back is no longer under anesthesia.

Risks and side effects

Some **benign** side effects can occur after the treatment, such as:

- Low back pain: apply cold for 15 minutes every hour.
- Pain irradiating in the legs: that is temporary and can occur during the first 24 hours.
- Numbness and/or weakness in the legs: that is temporary and can last 1 to 2 hours.
- Bleeding at the injection site: apply pressure for 20 minutes with a compress.
- If you are diabetic, cortisone could cause an increase in your serum glucose during the first 24 to 72 hours. You must keep a close eye on that during the first few days and see a doctor if it remains high.
- Cortisone can cause atrophy or thinning of the skin at the injection site. This is not painful but it can have a cosmetic impact.

Some side effects are more **serious**:

- Severe headache
- Fever over 38 degrees Celsius
- Redness at the injection site
- Severe low back pain
- Persistent weakness or numbness

If you note one of these signs, please contact us at 613-824-4223 or info@cproloc.ca or go to the nearest emergency.

Please contact us at 613-824-4223 if you believe to have had a side effect from the treatment or have consulted your family doctor or emergency department unexpectedly within 10 days of the procedure