

## Nerve Root Blocks

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- [What is a nerve root block?](#)

A nerve root block is the injection of a local anesthetic/steroid solution around a nerve root after it leaves the spine.

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- [Why is a nerve root block performed?](#)

A nerve root block may be done to diagnose (determine if your pain is coming from a nerve, muscle, or joints) or treat (if you have a bulging or herniated disc, or if you have spinal stenosis (narrowing of the spinal space)).

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- [What happens during the procedure?](#)

You will be placed in the prone position (face down) on the table in the procedure room. Your back will be cleansed with an antiseptic solution and the area will be numbed with local anesthetic. The doctor will use fluoroscopy (a special x-ray) to guide the placement of a thin needle to the area of the involved nerve root. You may experience a small electric shock-like sensation (similar to when you hit your "funny bone"); this indicates proper needle placement. After correct needle placement is confirmed by x-ray, a small amount of a local anesthetic/steroid or saline/steroid solution will be injected.

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- [How long does the procedure take?](#)

Approximately 20 minutes.

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- [Contraindications to the procedure](#)

Bleeding problems, infections at the site.

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- [Special care afterward:](#)

Band-Aid will be applied to the injection site. You will be taken to the observation area. A nurse will take your blood pressure, pulse and respirations. You will be required to stay at least 30 minutes. The nurse will review your discharge instructions with you and then you will be able to go home.