

NEUROPLASTY

Frequently Asked Questions

What is a neuroplasty? *This procedure is also known as lysis of adhesions or breaking up of scar tissue. Epidural Neuroplasty or Epidural Neurolysis can help to identify significant scarring and reduce the compressive effects of scar tissue in the spinal canal by allowing medications such as steroids to reach the affected areas and measure blood flow.*

What causes this scarring (adhesions)? *Scarring can occur with injury of the spine or after back surgery. When scar tissue forms around the nerves in the spinal canal, these nerves can become fixed into one position and the nerve root can have significant swelling. Therefore, scar tissue in the spinal canal can be an important source of lower back and radiating pain.*

How is the procedure performed? *The procedure itself is done as an outpatient, under light sedation and x-ray guidance. The patient starts on their stomach and will be monitored carefully throughout the procedure. The skin on the back will be cleaned with an antiseptic solution and the procedure performed. A needle will be placed into the epidural space close to scar tissue where the medication will be administered. After the procedure, the patient is placed on their back or on your side.*

What is actually injected? *The injections consist of a mixture of local anesthetic and steroid medication, as well as a x-ray contrast used to visualize the scarring.*

Will the injection hurt? *The procedure does involve inserting a needle through the skin and deeper tissues so there is some discomfort involved. However, the patient will receive anesthetic medications which make the procedure easier to tolerate. Your doctor will also numb the skin and deeper tissues with a local anesthetic.*

What should I feel after the injection? *Immediately after the injection you may experience your legs feel heavy and/or numb. Also, you may notice your pain is gone or diminished, this is due to the local anesthetic injected and will last only a few hours.*

How long will the medication last? *The immediate effect is usually from the local anesthetic injected. This wears off in a few hours. The steroid starts to work about 5-7 days after the injection and its effect can last several days to a few months.*

What are the risks and side effects? *As with any procedure there are risks, side effects, and possibility of complications. The most common side effect is pain-which is temporary. For specific risks please speak with a nurse in the office.*

Note: This procedure cannot be performed if you have an active infection, flu, cold, fever, or very high blood pressure. Please make us aware of these conditions.

We hope this information helps.

Please feel free to contact us for any additional concerns you might have.