

Caudal Steroid Injection

This injection procedure is performed to relieve low back and radiating leg pain. The steroid medication can reduce the swelling and inflammation caused by spinal conditions, such as spinal stenosis, radiculopathy, sciatica and herniated discs.

POSITIONING THE PATIENT

In this procedure, the patient lays face down. A cushion is placed under the stomach area for comfort and to arch the back. The physician uses a fluoroscope to find the small opening at the base of the sacrum called the sacral hiatus.

STEP 1

A local anesthetic numbs the skin and all the tissue down to the surface of the sacral hiatus.

STEP 2

The physician then guides the needle through the anesthetized track and into the epidural space through the sacrococcygeal ligament.

STEP 3

Once inside the sacral hiatus space, a contrast or non-allogeneic iodine base solution is injected. This solution helps the physician see the diseased and painful areas using a fluoroscope.

STEP 4

A steroid-anesthetics mix is injected into the epidural space, bathing the painful area in medication.

STEP 5

The needle is removed and a small bandage is used to cover the tiny surface wound. In some cases it may be necessary to repeat the procedure as many as three times to get the full benefit of the medication. However, many patients get significant relief from only one or two injections.

