

RACZ Caudal Neurolysis

This injection procedure is performed to relieve low back and radiating leg pain, most often caused by scarring after a prior back surgery. The injected medication can reduce the swelling and scar tissue that is causing the pinched nerve. This is generally an outpatient procedure done under local anesthesia.

STEP 1

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 finds the small opening at the base of the sacrum called the sacral hiatus.

STEP 2

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

STEP 3

The physician then guides the needle through the anesthetized track and into the epidural space. A contrast or non-allogeneic iodine base solution is injected. This solution helps the physician see the scarred and painful areas using a fluoroscope.

STEP 4

A catheter is fed through the needle and positioned at the location of scarring.

STEP 5

A steroid-anesthetics mix is injected through the catheter and around the scarring, bathing the painful area in medication and dissolving the scar tissue.

END OF PROCEDURE

The needle and catheter are removed. In some cases, it may be necessary to keep the catheter in place to allow for more injections over the next few days. It also may be necessary to repeat the procedure a few months later to reduce scar tissue further.

