

How do I care for myself at home?

You can resume your daily activities.

You can take the bandage off the following day.

Talk to your doctor before returning to any physical activities or sports.

When to get help

Contact your doctor or specialist if you have any of the following:

- fever above 38.5°C (101°F)
- flu-like symptoms, such as fever, aches, and chills
- increased pain or redness at the treatment site
- dizziness or weakness
- new leg weakness or numbness

Locations

Abbotsford-Regional Hospital 604-851-4866
Medical Imaging 2nd Floor, Fraser Wing
32900 Marshall Road, Abbotsford

Burnaby Hospital 604-434-4211
Medical Imaging, 3rd Floor
3935 Kincaid Street, Burnaby

Lions Gate Hospital 604-984-5775
Medical Imaging, Lower Level
231 East 15th Street, North Vancouver

Mount Saint Joseph Hospital 604-877-8323
Medical Imaging, Level one
3080 Prince Edward Street, Vancouver

Richmond Hospital 604-278-9711
Medical Imaging, Main Floor
7000 Westminster Hwy, Richmond

Ridge Meadows Hospital 604-463-1800
Medical Imaging, Main Floor
11666 Laity Street, Maple Ridge

Royal Columbian Hospital 604-520-4640
Medical Imaging, Columbia Tower
330 E. Columbia Street, New Westminster

Sechelt Hospital 604-885-8608
Medical Imaging
5544 Sunshine Coast Hwy, Sechelt

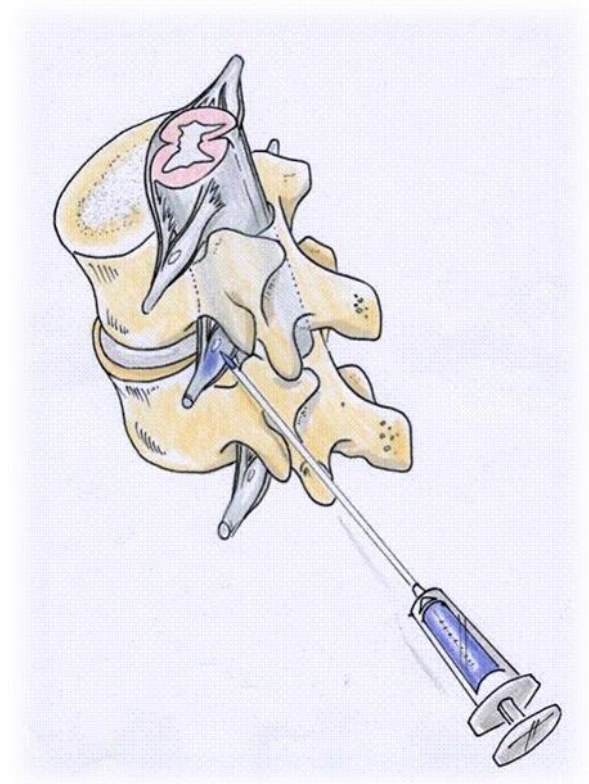
St. Paul's Hospital 604-806-8006
Medical Imaging, 2nd Floor, Providence Building
1081 Burrard Street, Vancouver

UBC Hospital 604-822-7076
Medical Imaging, Main Floor
2211 Westbrook Mall, Vancouver

Vancouver General Hospital 604-875-4111
Interventional Radiology, Jim Pattison Pavilion Ext 68612
Station 4, Ground Floor
855 West 12th Avenue, Vancouver



Selective Nerve Root Block



HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca – www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

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What is a Selective Nerve Root Block?

A selective nerve root block, sometimes called a nerve block, is a procedure used to find out the cause of nerve root pain in the low back, leg, neck, or upper back. It is also done to help relieve pain.

Who does this procedure?

It is done by a radiologist – a doctor who specializes in procedures using image-guidance. If you have questions, you can ask the radiologist before the procedure.

Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for reasons of safety and regulations, they cannot be in the room with you during the procedure.

What happens before the procedure?

You will be contacted by the Medical Imaging Department with specific instructions on how to prepare for this procedure.

Please alert us if you have any allergies, take any blood thinner medication, or if you could be pregnant. Blood tests may be ordered before your procedure.

You must make arrangements for a responsible adult to drive/escort you home after this procedure.

How long will it take?

Plan to be at the hospital for at least 2 hours. The procedure takes from 30 minutes to 1 hour.

What happens during the procedure?

- You are positioned lying on your stomach on the procedure table.
- The radiologist locates the spot where the needle will be placed.
- The area is cleaned with antiseptic solution.
- The radiologist injects numbing medicine to ‘freeze’ your skin around the spot (treatment site).
- A needle is then inserted under image guidance as close as possible to the nerve suspected to cause the pain or problem. A mix of long-acting numbing medication and anti-inflammatory steroid is then injected around the nerve. More than one injection might be needed.

It is important to lie as still as possible to allow the injection of medication.

Will it hurt?

The numbing medication is injected in the skin to minimize pain. If you have pain or discomfort that is similar to the pain you normally experience, it tells us that this is the nerve that is the cause of your pain. As the strong numbing medication takes effect, you should start to feel some relief.

What happens after the procedure?

You are moved to our recovery area to rest for 30 minutes to 1 hour. You are checked for any changes in strength, sensation, and any unexpected side effects.

Are there any risks or complication?

A nerve block is generally a safe procedure. Complications are rare.

Examples of unexpected complications:

- bleeding, but usually stops on its own
- infection
- accidental delivery of medication into the blood stream
- unexpected spread of medication to other nerves
- hitting the ‘wrong’ nerve while trying to block the target nerve because they are close to one another
- extended effect of the numbing medication causing weakness, numbness, or other symptoms
- nerve damage