

## 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

## 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.

## Locations

<b>Abbotsford-Regional Hospital</b> Medical Imaging 2 <sup>nd</sup> Floor, Fraser Wing 32900 Marshall Road, Abbotsford	604-851-4866
<b>Burnaby Hospital</b> Medical Imaging, 3 <sup>rd</sup> Floor 3935 Kincaid Street, Burnaby	604-434-4211
<b>Lions Gate Hospital</b> Medical Imaging, Lower Level 231 East 15 <sup>th</sup> Street, North Vancouver	604-984-5775
<b>Mount Saint Joseph Hospital</b> Medical Imaging, Level one 3080 Prince Edward Street, Vancouver	604-877-8323
<b>Richmond Hospital</b> Medical Imaging, Main Floor 7000 Westminster Hwy, Richmond	604-278-9711
<b>Ridge Meadows Hospital</b> Medical Imaging, Main Floor 11666 Laity Street, Maple Ridge	604-463-1800
<b>Royal Columbian Hospital</b> Medical Imaging, Columbia Tower 330 E. Columbia Street, New Westminster	604-520-4640
<b>Sechelt Hospital</b> Medical Imaging 5544 Sunshine Coast Hwy, Sechelt	604-885-8608
<b>Squamish Hospital</b> Medical Imaging 38140 Behrner Drive, Squamish	604-892-6025
<b>St. Paul's Hospital</b> Medical Imaging, 2 <sup>nd</sup> Floor, Providence Building 1081 Burrard Street, Vancouver	604-806-8006
<b>Surrey Memorial Hospital</b> Medical Imaging, 1 <sup>st</sup> Floor, Lower Level 13750 96 <sup>th</sup> Avenue, Surrey	604-588-3308
<b>UBC Hospital</b> Medical Imaging, Main Floor 2211 Westbrook Mall, Vancouver	604-822-7076
<b>Vancouver General Hospital</b> Interventional Radiology, Jim Pattison Pavilion Station 4, Ground Floor, 855 West 12 <sup>th</sup> Avenue, Vancouver	604-875-4111 Ext 68612

[www.fraserhealth.ca](http://www.fraserhealth.ca) ♦ [www.vch.ca](http://www.vch.ca)

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

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# Selective Nerve Root Block



## 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