

WHERE CAN I HAVE A LUMBAR NERVE ROOT SLEEVE INJECTION?

BUNBURY

55 Spencer Street, Bunbury
T: 9722 3200 F: 9721 5385

COCKBURN

Cockburn Health & Community Centre
5 / 11 Wentworth Parade, Success
T: 9494 3500 F: 9499 3597

CURRAMBINE

1 / 1 Hobsons Gate, Currambine
T: 9301 7000 F: 9304 0387

DUNCRAIG

Suites 3-5,
54 Arnisdale Road, Duncraig
T: 9246 8800 F: 9448 0508

FREMANTLE

201 High Street, Fremantle
T: 9435 9500 F: 9430 6693

HOLLYWOOD PRIVATE HOSPITAL

115 Monash Avenue, Nedlands
T: 9449 5800 F: 9389 8112

KELMSCOTT

2964 Albany Highway, Kelmscott
T: 9495 9300 F: 9495 4117

MANDURAH

160 Pinjarra Road, Mandurah
T: 9582 4500 F: 9534 8502

MIDLAND

Units 1-3,
168 Great Eastern Highway,
Midvale
T: 9218 6600 F: 9218 6680

MORLEY

Units 5 & 6,
11-13 Marchant Way, Morley
T: 6278 0400 F: 9375 1148

MT LAWLEY

St John of God Mt Lawley Hospital
Thirlmere Road, Mt Lawley
T: 9471 6900 F: 9471 6955

MURDOCH

St John of God Medical Clinic
100 Murdoch Drive, Murdoch
(ent. off Barry Marshall Parade)
T: 9333 9200 F: 9333 9286

ROCKINGHAM

8b Leach Crescent, Rockingham
T: 9527 0000 F: 9592 5097

SUBIACO

St John of God Subiaco Hospital
12 Salvado Road, Subiaco
T: 9286 6400 F: 9286 6481

VICTORIA PARK

771 Albany Highway, Victoria Park
(ent. off Sussex Street)
T: 6253 9100 F: 9362 2096

WEMBLEY

5 Station Street, Wembley
T: 9489 0800 F: 6380 2036

WILLETTON

Unit 1, 187 High Road, Willetton
T: 9354 0900 F: 9457 4934

WOODVALE

Cnr Ocean Reef Road & Trappers Drive
3 Castlegate Way, Woodvale
T: 9408 3600 F: 9309 5535

YOUR GUIDE TO

LUMBAR NERVE ROOT SLEEVE INJECTIONS



WHAT IS A LUMBAR NERVE ROOT SLEEVE INJECTION?

Lumbar Nerve Root Sleeve Injection (NRSI) is the introduction of local anaesthetic and/or steroid into the sheath around the nerve. This is usually requested because the nerve is thought to be inflamed by a disc pressing on it, by scarring after surgery, or from arthritis in an adjacent spinal joint. There are a number of other causes that are less common.

Steroids have a strong anti-inflammatory effect and hence, reduce pain over a period of time. This treatment may result in permanent remission of symptoms. More often, the effect may be temporary, lasting weeks or months. However, a positive result however confirms the diagnosis, and then other treatments may be applicable.

PATIENT PREPARATION

There is no specific preparation. You will need to bring any x-rays or scans that you have.

Please inform us if you have any allergies or take any medication that thins the blood, such as Warfarin or Plavix, as this may need to be adjusted by your doctor prior to the injection.

You are not able to drive yourself home after this procedure. Therefore, you must organise a driver to bring you in and pick you up after the procedure.

The procedure itself will take approximately 30 minutes. However, with preparation and recovery times, you may be in the Radiology department for up to 2 hours.

You will be asked to change into a gown. You will be given a consent form to read and sign prior to the procedure which outlines what to expect and risks associated with this procedure. A member of staff will explain the procedure in detail. If you have any concerns or queries, please let the staff member looking after you know.

WHAT HAPPENS DURING A LUMBAR NERVE ROOT SLEEVE INJECTION PROCEDURE?

This examination is best performed under CT guidance and may take up to 30 minutes to perform. You will be lying on your stomach for the duration of the procedure.

It is important that you remain as still as possible during the procedure.

A scan is taken to localise the nerve root. The skin on your back will be cleaned with an antiseptic solution and local anaesthetic will be injected into the area. This may sting slightly for a short time.

A needle is then directed into the space around the nerve under imaging guidance. The position of the needle-tip is checked with imaging and x-ray dye (contrast) may be injected. The local anaesthetic and/or steroid are then injected.

There may be an increase in the leg pain when the injection commences. This pain usually eases as the anaesthetic spreads around the nerve root.

Occasionally, the procedure is unsuccessful and a localised epidural injection will be performed instead.

WHAT HAPPENS AFTER THE PROCEDURE?

The local anaesthetic may cause numbness in your leg similar to the facial numbness that occurs after a dental anaesthetic. This may last 4 – 8 hours.

If the anaesthetic spreads to the spinal canal, the opposite leg may also be numb for a period of time. Usually this sensation is present immediately and if it has not developed after half an hour, it will not at all. We like to keep you resting in a chair/bed until normal sensation returns.

After the procedure, pain relief may be complete but transient. More often, sustained pain relief develops over a period of a few days.