

KRIDA | 

HARLEY STREET

SPINAL INJECTION
Patient Information



SPINAL INJECTIONS AT KRIDA HARLEY

▲ What is a spinal injection?

Your spine is comprised from a structure of bones called vertebrae. These vertebrae are connected to one another and protect the spinal cord and nerves. The strong interconnections are formed of intervertebral discs and facet joints. The intervertebral discs act as the shock absorbing system and the facet joints connect each vertebrae. There are multiple reasons that can cause these structures to wear down and cause symptomatic pain.

A spinal injection into or near your spine is usually recommended if you are experiencing back pain.

At Krida Harley Street we offer two forms of spinal injections:

- Steroid injections are used to reduce any swelling or reduce inflammation which will help to ease any symptomatic pain. Steroid is usually injected in combination with local anaesthetic.
- Platelet Rich Plasma (PRP) injections are an injection of platelet rich plasma, found in blood, directly into the facet joints. They are used to reduce inflammation, settle back pain and promote normal mobility in the area.

The aim of a spinal injection is to ease back or neck pain.

▲ What spinal injections are offered at Krida Harley Street?

We offer 4 different types of spinal injections under ultrasound guidance at our clinic:

- SACRO-ILIAC JOINT (SIJ) INJECTIONS
- FACET JOINT INJECTIONS
- COCCYDYNIA INJECTION
- TRIGGER-POINT INJECTIONS INTO THE PARASPINAL MUSCLES

▲ Why should I have a spinal injection?

A spinal injection can be administered for two different purposes:

DIAGNOSTIC: A diagnostic spinal injection can assist in detecting the source of your back pain and identify which spinal structure is causing your symptoms. A diagnostic injection can also help the clinician to develop a long-term treatment plan.

THERAPEUTIC: A therapeutic spinal injection can be administered with the aim of improving your symptoms by reducing pain, swelling and inflammation. Occasionally, therapeutic injections are repeated, depending on the recommended treatment plan.

▲ Are there risks to having a spinal injection?

Before the procedure, you will have a clinical discussion with the clinician about the benefits and possible complications of the ultrasound guided spinal injection/s. Generally, an ultrasound guided spinal injection is a relatively safe procedure, particularly as our specialists use the ultrasound scanner throughout the injection.

However, there is a small risk of infection (approximately 1 in 10,000 procedures) following an injection. If you experience symptoms such as unexpected pain, warmth or redness around the area injected or unexplained fever or flu like symptoms you should immediately consult your GP or attend A&E. Please explain that you have recently had an injection, as an infection could potentially be serious.

▲ Other side effects/risks include:

BLEEDING: This is rare but bleeding and/or bruising can occur in the injected area, which can potentially cause increased pain for a few days post procedure. This can be serious if you take blood thinning medication, as it can cause an epidural haematoma.

HEADACHES: Occasionally the spinal needle may puncture the outer covering of your spinal cord which can cause leakage of spinal fluid (CSF). This is not serious, but it can cause a headache for up to a week and you are advised to lie flat for at least three days post procedure.

INCREASED PAIN: Pain can increase in the treated area but this is usually temporary and may last a few days. If you experience increased pain several days post procedure, please contact us as it may be a sign of infection.

ALLERGIC REACTION: An allergic reaction is relatively uncommon and will usually happen immediately, in which case help is available. The majority of reactions can be treated quickly and cause no permanent harm. If you show signs of a reaction once you have left the hospital, please seek medical advice.

NO RESPONSE TO TREATMENT: There is a risk that ultrasound guided steroid injection may not be effective and there is risk of no response in around 10-15% of cases.



Side effects/risks of steroid injections include:

- Facial flushing (this may last up to 48 hours post injection)
- Minor bruising at the site of the injection
- The injected area may feel sore for about 48 hours after the injection.
- There is a small risk of depigmentation (lightening of the skin) or a skin dimple due to steroid induced lipoatrophy (loss of fat tissue).
- Diabetes sufferers may find their blood sugar is likely to increase temporarily
- Possible changes to the menstrual cycle

Side effects are kept to a minimum by careful technique, examination and keeping drug doses to recommended levels. Every effort is made to prevent infection by hand washing, cleaning of the area and use of sterile equipment.

▲ **Is there anything that can stop me from having an ultrasound guided spinal injection?**

Yes, if you:

- Are suffering from an infection
- Are allergic to local anaesthetic or steroids
- Feel unwell
- Are due to have surgery to the area soon
- Are not certain about having the injection

▲ **What will happen on the day of my procedure?**

Before the procedure, you will have a clinical discussion with the musculoskeletal specialist about the benefits and possible complications of the ultrasound guided spinal injections. The consultant will then ask you to sign the informed consent form before performing the procedure. You will then lie on the couch and the clinician will perform the ultrasound guided spinal injection under ultrasound guidance. Following the injections, you will be given a detailed post-procedure care advice leaflet

and will have the opportunity to ask the consultant any questions that you may have.

You will be advised to wait 15-20 minutes before you leave to make your way home so that we can ensure that you are safe to be discharged. We strongly recommend that you are accompanied by a family member or a close friend when having ultrasound guided spinal injections. Following your procedure, you will receive a report regarding the consultation, diagnostic ultrasound scan and about the treatment.

▲ **What can I expect following the procedure?**

There are no restrictions after your spinal injections once the initial pain has worn off. You should be able to return to physiotherapy or other exercises within a week of the procedure. Depending on you job, you may wish to return to work within 72 hours.

▲ **How long before I feel the benefits of a spinal injection?**

This can vary between each individual and can be affected by a number of factors, including your individual condition and lifestyle. However, it commonly takes between 48 hours and one week before you may feel the benefits of the steroid injection. What should I do if I have a problem?

▲ **Please contact your GP or local A&E department if you experience any of the below:**

- Excruciating pain
- Increased swelling or oozing around the injection site
- Fever
- Weakness or numbness which is not resolving
- Loss of bowel or bladder control
- Severe headaches which are not improved with painkillers

YOU DON'T HAVE TO BE A SPORTS
PERSON TO BE TREATED LIKE ONE ▲▲▲

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