

Lumbar Epidural Steroid Injection

Calming an inflamed nerve in the low back

Step-by-step visual guide
Review with your care team

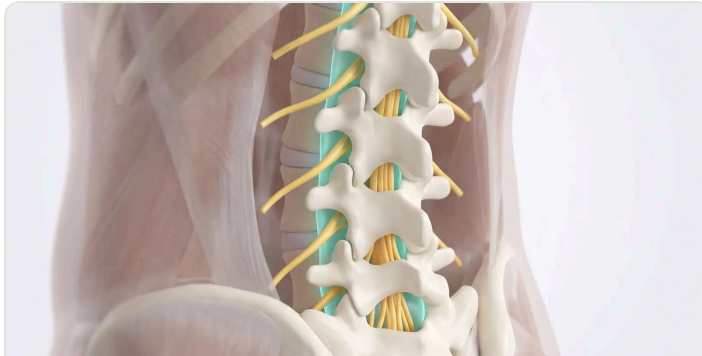
What it is: An image-guided injection that places anti-inflammatory medicine into the epidural space — the cushioned sleeve just outside the sac that protects your spinal nerves.

Often used for: Sciatica — leg pain, numbness, or tingling from a herniated disc or spinal stenosis — often alongside low-back pain.

~15 minutes

X-ray guided

Home the same day



1 The anatomy

The nerves of the low back travel inside the spinal canal and exit between the vertebrae on their way to the legs. The epidural space (teal) surrounds and cushions them.



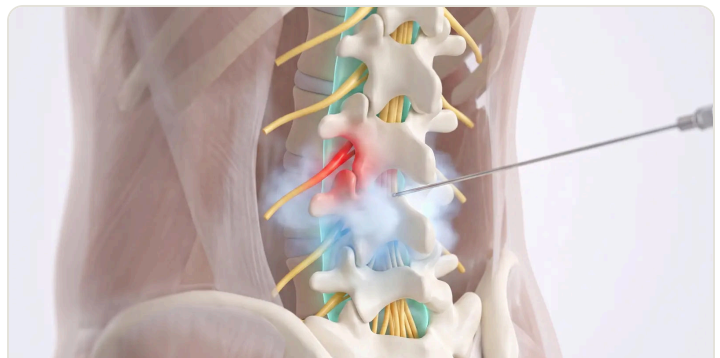
2 Where the pain starts

A bulging or herniated disc can press on a nerve root and inflame it. That irritation is what sends pain shooting down the leg — what most people call sciatica.



3 The procedure

You lie face down while a low-dose X-ray camera shows the exact path. After numbing the skin, a very thin needle is guided between the vertebrae. Most patients feel pressure more than pain; the injection itself takes only a few minutes.



4 Relief delivered

The needle tip stops in the epidural space — outside the nerve sac. A mix of steroid and anesthetic bathes the inflamed root, cooling the irritation so the nerve can settle and heal.

What to expect: You go home the same day and can usually return to normal activity tomorrow. Relief often builds over 3–7 days.

This handout is general patient-education material, not medical advice or a treatment recommendation. Illustrations are simplified artistic renderings, not exact anatomy. Benefits, risks, alternatives, and recovery vary by person — your physician will review the specifics of your situation, and you can ask questions at any time. Seek immediate care for fever, new weakness or numbness, loss of bladder or bowel control, or severe worsening pain.