



## *Information for You from Your Health Care Team*

### **Epiduroscopy**

Epiduroscopy is a new method of directly visualizing and treating the inside of the spinal column using direct vision. A small flexible fiberoptic catheter is inserted through a tiny incision and the areas of concern can be looked at on a video monitor. The physician can see the nerve roots, tissues and anatomical structures. Often when the body heals from an injury or surgery it develops scar tissue around the nerve roots and these adhesions may cause irritations and inflammation. This may be the cause of severe chronic pain. The inflamed nerve roots can be identified and medications can be injected directly to nerve roots by this procedure. Adhesions can be mechanically broken to some extent.

#### **When is Epiduroscopy used?**

Epiduroscopy is used for chronic low back pain that can occur after having surgery of the spine, trauma or unknown cause.

#### **What happens during an Epiduroscopy?**

This procedure is done under local anesthesia and sedation in the operating room. You will be asked to lie face down on the table. A local anesthesia is given to numb the area near the tailbone. Once the area is numb a small fiberoptic camera is inserted into the epidural space. You may feel some pain as the instrument moves close to the inflamed nerve. After seeing the structures on the video screen medications will be injected to the nerve root. Some of the adhesions will be broken. The procedure takes about 30 minutes. You will be taken to the recovery room and stay a short period of time there and then will be discharged home.

**Note:** in some people the epidural space (caudal epidural space) cannot be entered because of the anatomical variation and then we cannot proceed with the epiduroscopy.

#### **What are the possible side effects?**

- Burning or tingling during the procedure
- Pain at the site of procedure
- Complications that rarely occur are:
  - Headache following the procedure.
  - Bleeding
  - Infection

*Continued*

## **Epiduroscopy *continued***

### **What do I need to do after the procedure?**

- Someone should be available to drive you home
- Do not drive or operate machinery for 24 hours
- Do not overdo activities that hurt – IF IT HURTS, DON'T DO IT.
- If you develop any fever, vomiting, headache, excessive drainage or leg weakness and severe back pain call your physician immediately.