



Guilford Orthopaedic and Sports Medicine Center would like to wish you a Safe and Merry Christmas! Our office will be closed Tuesday December 25th and will re-open December 26th for clinic.



## Santa Claus is coming to town!

Have you been Naughty or Nice? Guilford Orthopaedics is giving you a chance to talk it over with Santa on Thursday December 6, 2012. Santa Claus and his helper will be at the office between 6-8pm. There will be a chance to win a \$50 Toys-R-us giftcard for one boy and one girl. We will also be taking pictures with Santa Claus and his helper that will be emailed to those who wish to receive them. In addition, Guilford Orthopaedic and Sports Medicine Center will be passing out gift bags. All of this fun is FREE, so bring your family and friends and remember Santa is watching.

## Dr Wang shares about Epidural Steroid Injection for Neck Pain and Back Pain



Epidural injections are a common treatment option for many forms of back pain, leg pain, neck pain and arm pain. These have been used for back pain and neck pain problems since 1952 and are still an arm pain. The goal of the injection is integral part of the nonsurgical management of back pain and neck pain. The goal of the injection is pain relief. The injection also can help to make the diagnosis to determine the source of the pain and also can help guide for future treatment options if surgery is indicated. The epidural injection is used in combination with comprehensive rehabilitation programs to provide additional benefit.

Epidural injections can be very beneficial for the patient who has acute episode of back, leg, neck, arm pain or chronic pain. Importantly, an injection can provide sufficient pain relief to allow the patient to progress with rehabilitative stretching and exercise program. If the initial injection is effective for a patient, he or she may have up to 3 in a 1-year period of time. By doing an epidural injection the medication is injected into the epidural space. This space surrounds the dura within the spinal canal. The physician may also do a nerve block which can help specifically for the radiculopathy type arm or leg pain. During this nerve block procedure, medication is injected near a specific nerve root. The nerve block can help

the physician find out which nerve or nerves are the source of pain.

Before the patient gets an epidural injection, the patient should tell their doctor what medications you take, including aspirin and anti-inflammatory medication. Ask whether you should stop taking any of them before treatment.

Also tell your doctor if you are pregnant or allergic to any medication. If asked, please bring X-Rays, MRI or other tests with you on the day of your treatment.

The injection can be done in the office setting or surgical center, as well as hospital outpatient setting. Most patients can tolerate the procedure very well in the office setting without sedation, but if the patient does need sedation, the patient can have this procedure done in the surgery center or hospital outpatient setting.

During the procedure the skin over the injection side is cleaned and a local anesthetic will be used. The fluoroscopy will be used to help your doctor see where the injection needs to go. A contrast dye may injected into the region to help obtain a better image. When the epidural is given, it may contain a local anesthetic, combined with steroids.

After the procedure, most often you can go home in about 30 minutes to 1 hour. You need to have an adult friend or a relative drive you. When the anesthetic wears off, your neck or back may feel more sore than usual; this is normal. Rest and put ice on the area for 20 minutes a few times during the first day. The steroids most often begin to work in 3-4 days. If you had any concern regarding return to work, you should ask your physician.

Epidural injections are not free of risk, but the chance to have risk and complications happen are extremely low. The risks and the complications are very rare, but can include infection, spinal headaches, bleeding or fluid leakage in the spinal cord, nerve damage, and prolonged increasing pain.

The mechanism of the epidural injection which helps patients to reduce the pain is an epidural injection places anti-inflammatory medication into the epidural space to decrease inflammation of the nerve roots, hopefully reducing the pain in the back, neck, leg and arm. The epidural injection may help the injury to heal by reducing the inflammation. It may provide permanent relief or provide a period of pain relief for several months while the injury/cause of the pain is healing. If the patient needs any more information regarding epidural injections, the patient is welcome to contact our office and we will have a detailed brochure and information for the patient regarding those procedures.

With best regards,  
 Hao Wang, MD

## Gearing up for the NC Special Olympics Polar Plunge!



It's that time again, and we need your help! Guilford Orthopaedic and Sports Medicine Center has a goal of \$2,500 to reach in donations. We will be taking donations at the front desk as well as having To-Go coffee mugs and Tumblers for a \$7.00 donation for the NC Special Olympics. We are jump starting in effort to reach our goal and surpass it by February! We thank you in advance for helping us reach our goal for donations for a good cause!

## Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!

We are open Saturdays from 9am until 1pm. Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 201 E Wendover Avenue Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat. 10am until 2pm.

