



## PROCEDURE A/R/B

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Dear Sir or Madam,

Your provider as recommended an interventional procedure for you. These procedures are known to be relatively safe and can have a profound benefit to the management of your pain. The benefits of interventional pain procedures include relief of pain, decrease in pain allowing for the ability to perform activities of daily living, increase energy and ability to be more active. Other benefits include helping the body with the natural healing progress and decreasing inflammation. They can be effective in treating a wide array of pain conditions that have not been able to be managed with conservative treatment and medication management. They are considered an appropriate non-surgical or minimally invasive treatment option. An alternative option to these procedures would be not to have any interventional pain injections and manage your pain with conservative treatments and medication management. Conservative treatment options include things such as physical therapy, massage, acupuncture, TENS, ice/heat, rest, exercise, aerobic exercise, psychological treatment, biofeedback, etc. Often conservative therapies in combination and conjunction with interventional treatments provide an optimal treatment program. Although side effects are rare below are a list of possible adverse affects and risks of interventional treatments and steroid medications.

**RISK:** Intervention pain procedures are considered relatively safe and simple, however there are risks associated with the procedures, as with any procedure. The procedures themselves usually cause minimal pain, often involving a temporary burning sensation from the local anesthetics. Individual risks vary based on the procedure so please consult your doctor for specifics. Tenderness at the injection site is expected and some common side effects from the steroid medications include mood swings, insomnia, and increased blood sugar, usually only last a few days. Although rare, other major risk include: bleeding, infection, tissue damage (i.e. soft tissue, nerve, joint and/or muscle), failure of the injection to relieve pain, increase pain after the injection, allergic reaction to medications, intravascular injection, local anesthetic toxicity, severe/protracted headache. Injections around the ribs or thoracic region have the added risk of causing shortness of breath due to pneumothorax (collapsed lung). Injections around the anterior neck also have the added risk of pneumothorax (collapsed lung), as well as esophageal perforation, shortness of breath, difficulty swallowing, and injury to major neck vessels. Injections involving high volume of local anesthetics such as sympathetic blocks have added risk such as loss of consciousness, apnea, seizures, high spinal, and usually a temporary condition known as Horner's syndrome (drooping of the upper eyelid, pupil constriction, and decreased sweating on the side of the block, as well as the voice becoming more hoarse). Serious adverse effects such as loss of bladder/bowel function, paralysis, and/or cardiac/respiratory arrest are extremely rare from any procedure. Injections involving steroids have the added risk as stated above of mood swings, insomnia, and increased blood sugar along with other rare risk such as tendon rupture, steroid flare, skin hypopigmentation, soft tissue atrophy, avascular necrosis, thinning of the bones (osteoporosis), thinning of the skin, easy bruising, weight gain, upset stomach/ulcers, arthritis, transient decrease in the immune system, face puffiness, peripheral edema, increased eye pressure, elevation of blood pressure, cataract formation, suppression of adrenal gland hormone production, menstrual irregularities. These side effects are not common with limited steroid exposure, and there are many positive benefits of steroids when used properly. Patient should try not to receive more than a total of four steroid injections per year.