

Epidural injection

If you are experiencing pain in your back and legs or sciatica, due to conditions such as slipped disc or spinal stenosis, or you are undergoing a rehabilitative stretching and exercise programme to manage an ongoing condition, an epidural injection can help to manage the pain. The effects of spine, lumbar or caudal injections are usually temporary, providing relief from a week to up to one year and can be administered up to three times a year.

A multidisciplinary approach to spinal anaesthesia and pain management

If you are living with pain as a result of a back condition, the first step is to book a consultation to discuss your symptoms and medical history to determine the best step forward for receiving treatment. We work with pain management Consultants who will work with a wider multidisciplinary team to ensure that you receive the best advice and treatment for your needs.

Prices & payment

We offer a guide price from:

Epidural injection
From £1,850

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Dr Kevin Fai

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Dr Sandesha Kothari



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Mr Steven Lau

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Mr Imran Rafiq

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Dr Raja Reddy

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FAQs

What do spinal epidural injections involve?

An epidural injection is a day case procedure that is carried out under local anaesthetic and takes about 15-30 minutes.

The procedure is carried out on an X-ray table, where you will be helped into the correct position, lying on your stomach, or with a pillow under your stomach if this is more comfortable. An antiseptic solution, which may feel very cold, will be used to clean your back and a local anaesthetic will be applied to numb the area.

Using fluoroscopy (live X-ray) for guidance, a needle is carefully and accurately inserted into your spine. Once the needle is in the proper position, contrast is injected to confirm the needle location. The epidural steroid solution is then injected. Although the steroid solution is injected slowly, most patients sense some pressure due to the amount of the solution used. If it is painful

your Consultant will adjust the procedure.

Will the pain relief be immediate?

Often there is immediate relief due to local anaesthetic used. Then there can be an initial period of discomfort before you start experiencing the pain relief. During this period, you may need to increase your pain killers, however your Consultant will discuss this with you after having the procedure.

Where will my procedure take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.