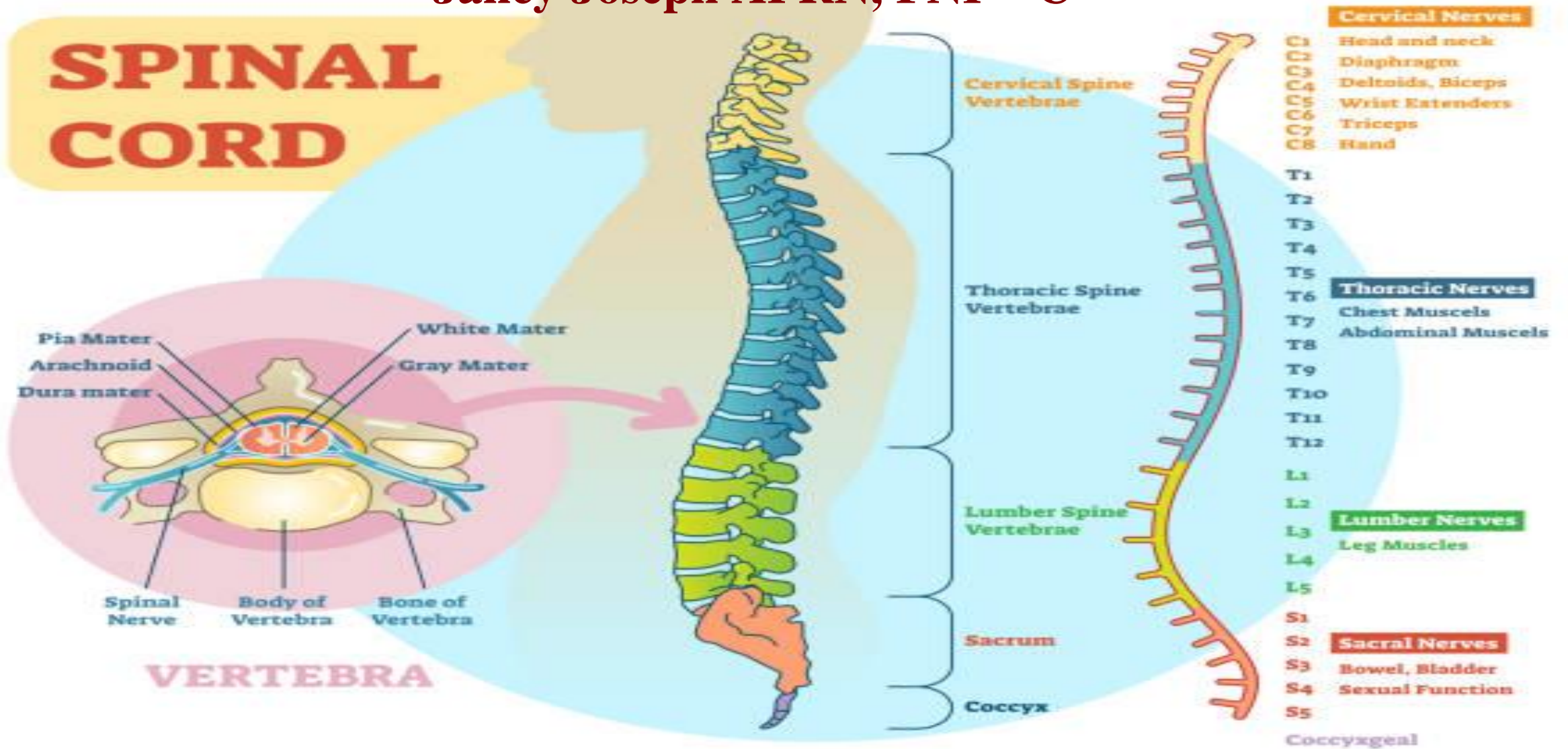
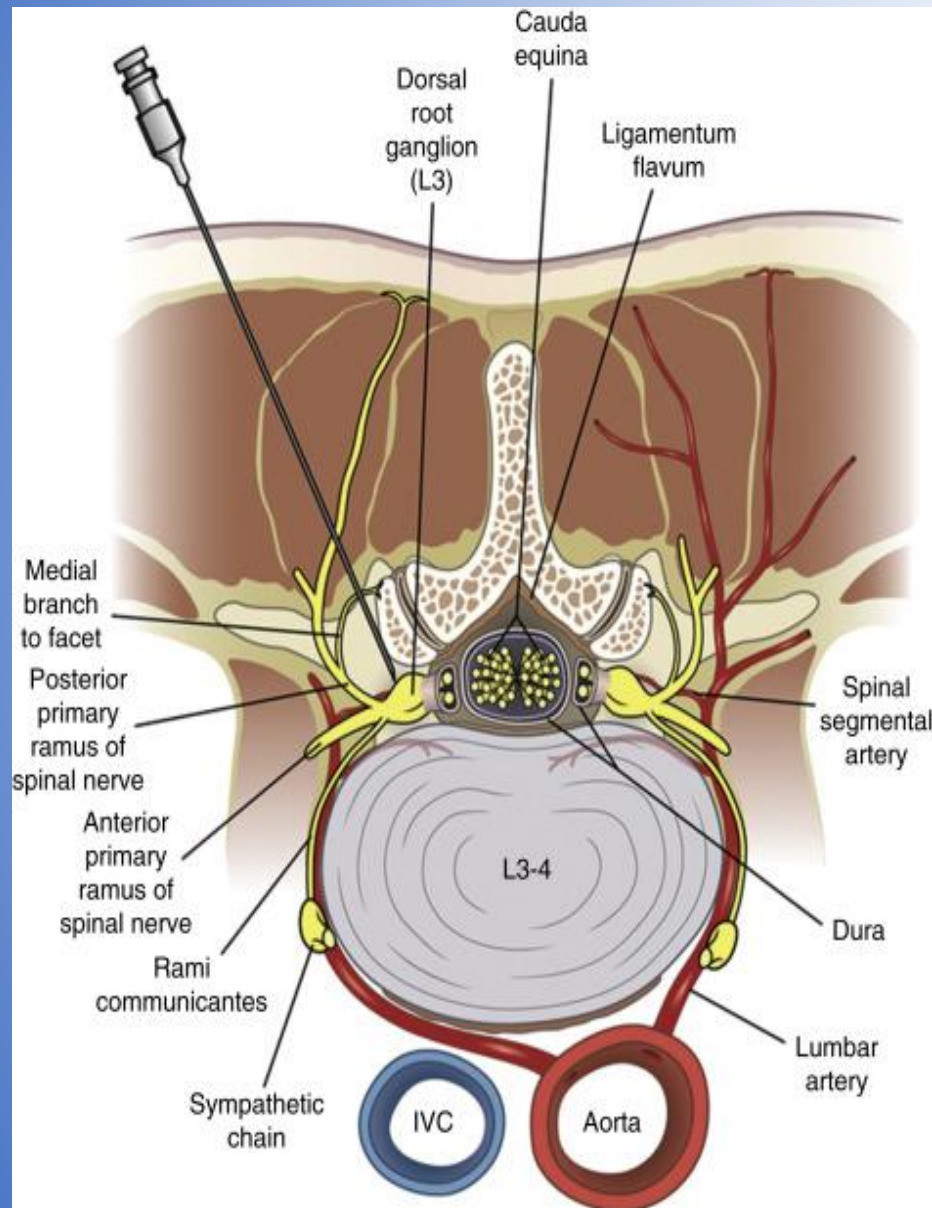


# Transforaminal Epidural Steroid Injection(TFESI)

Jancy Joseph APRN, FNP - C

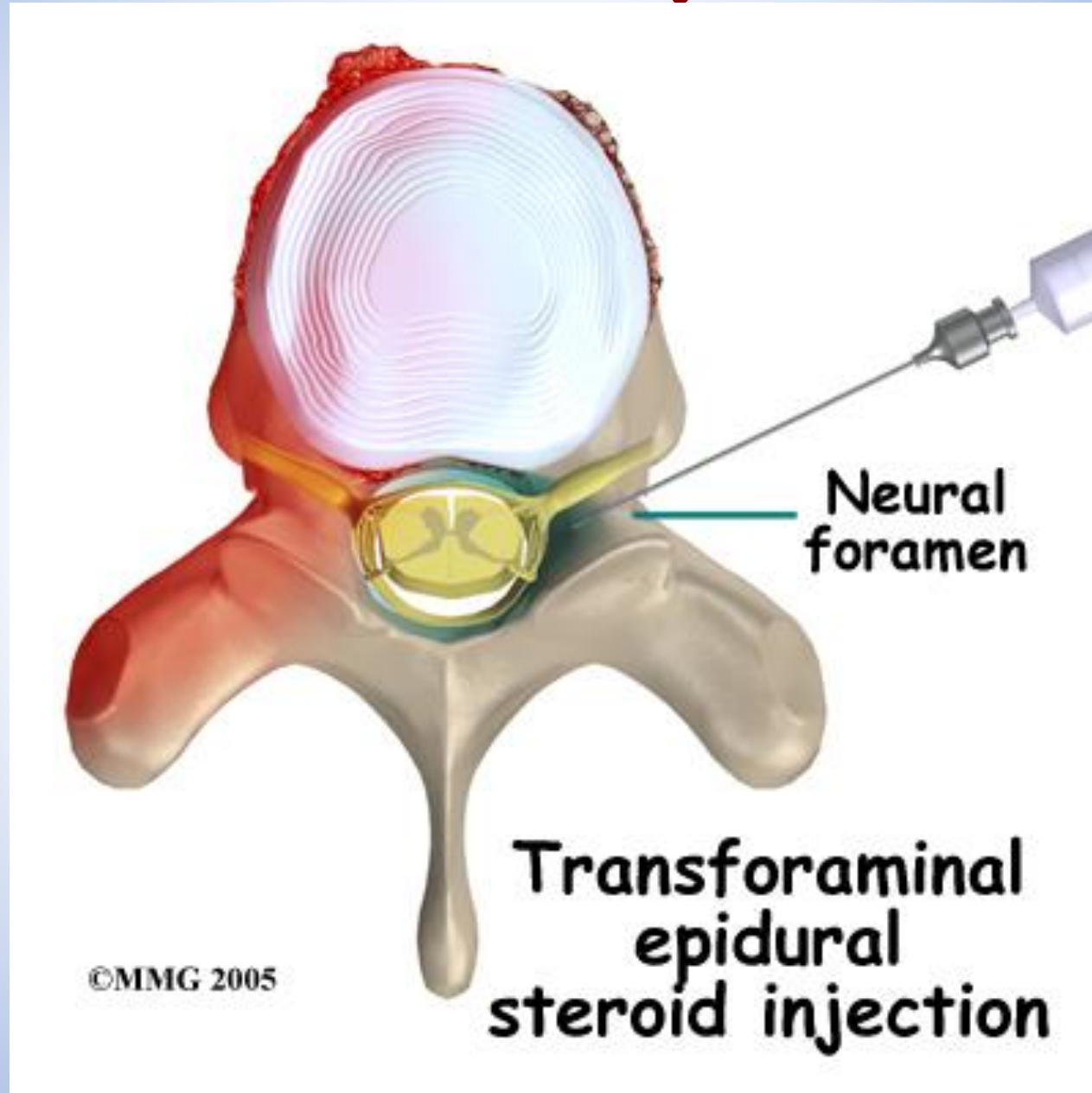


# Transforaminal Epidural Steroid Injection (TFESI)



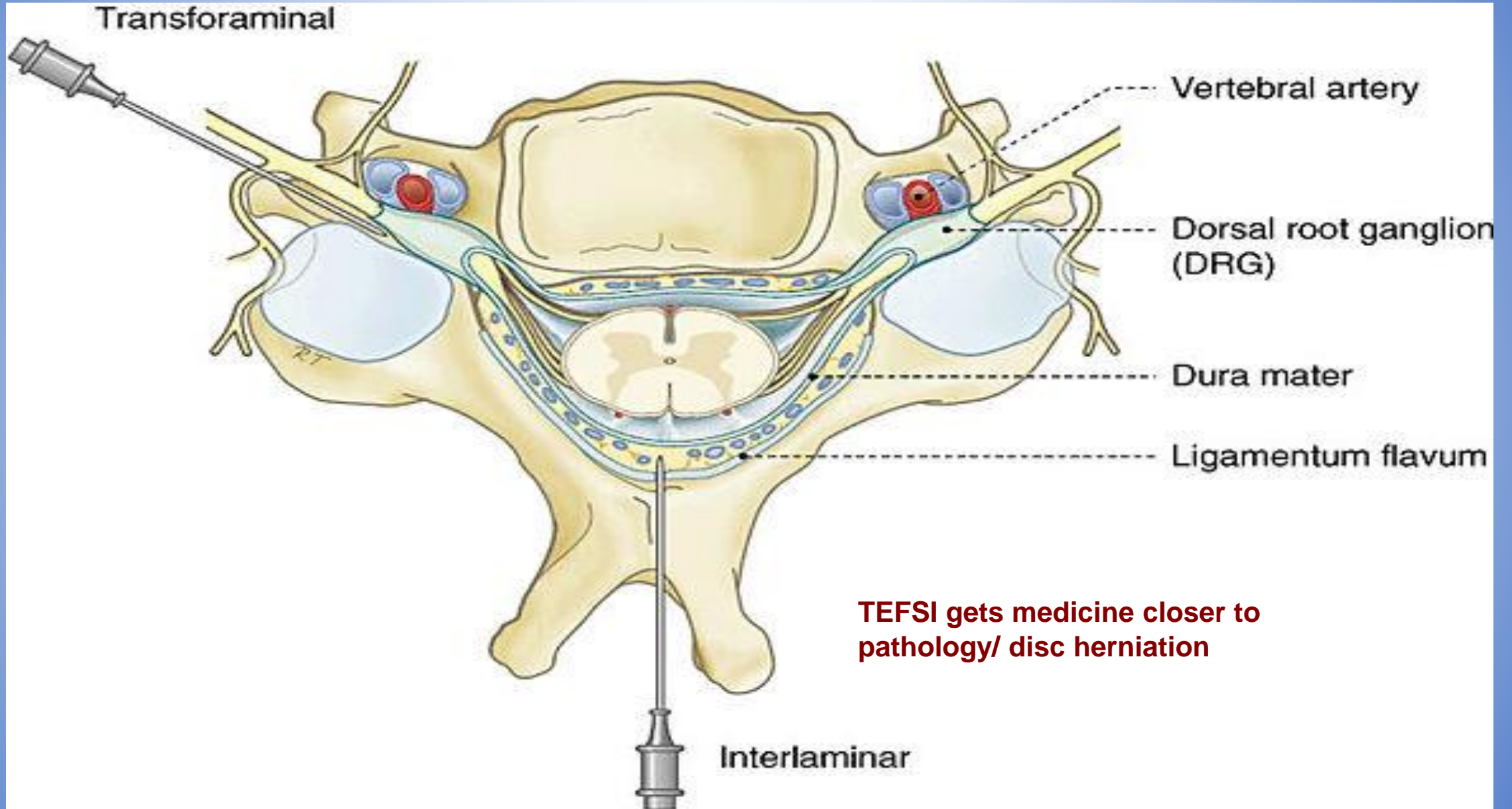
A transforaminal lumbar epidural steroid injection (TFESI) is an injection of corticosteroids into the epidural space. When it is done from the side where the nerve exits the spine, it is called a transforaminal injection.

# Anatomy



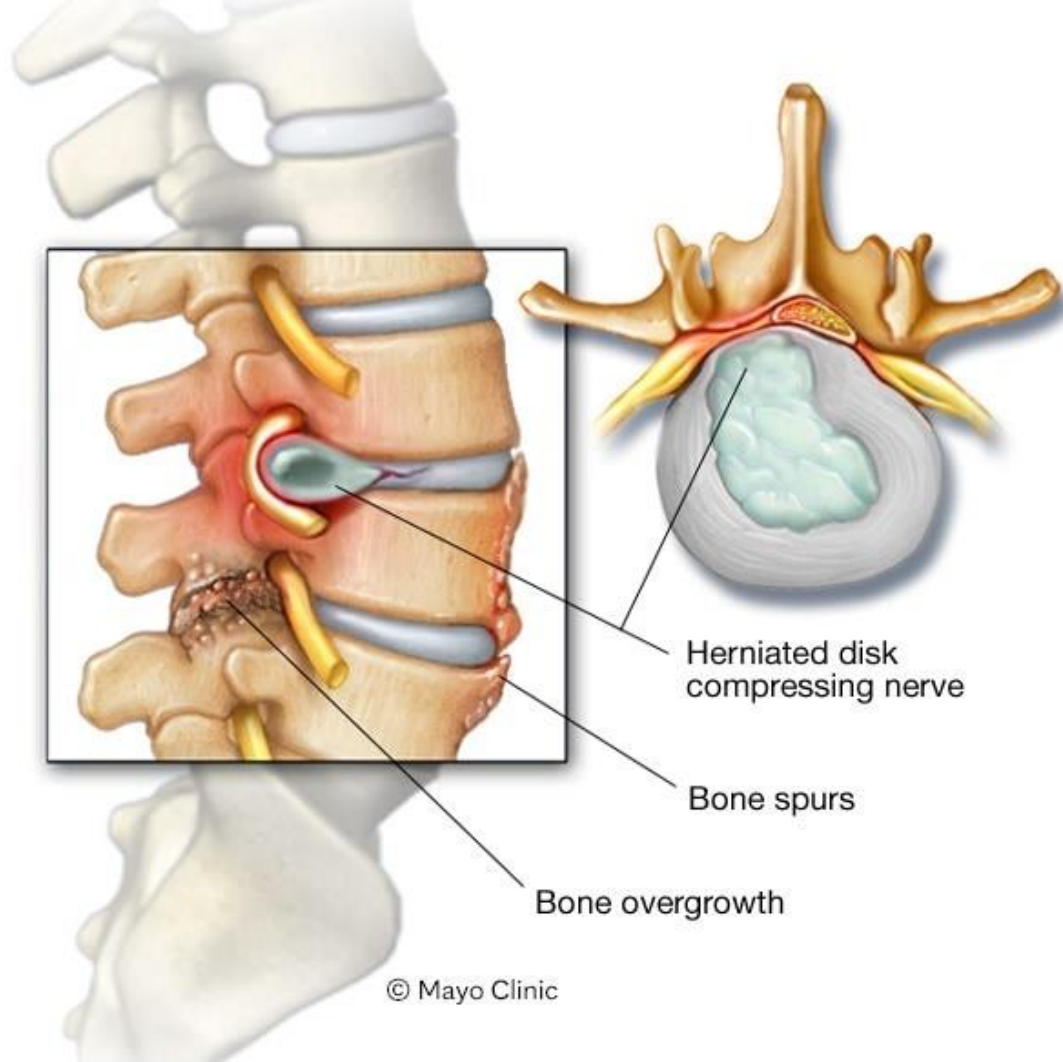


# Anatomy

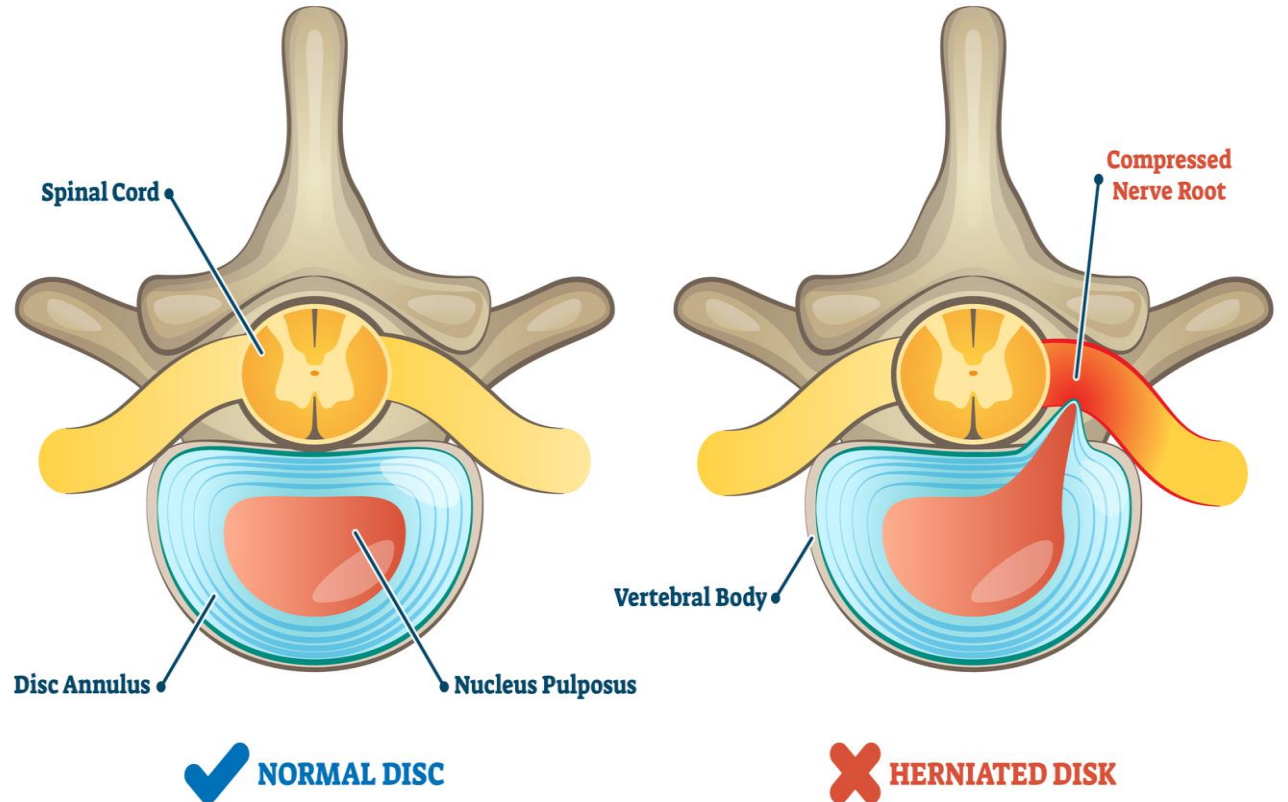


# Indications for TFESI

TFESI is typically recommended for patients experiencing conditions such as herniated discs, spinal stenosis, and radiculopathy



## HERNIATED DISC

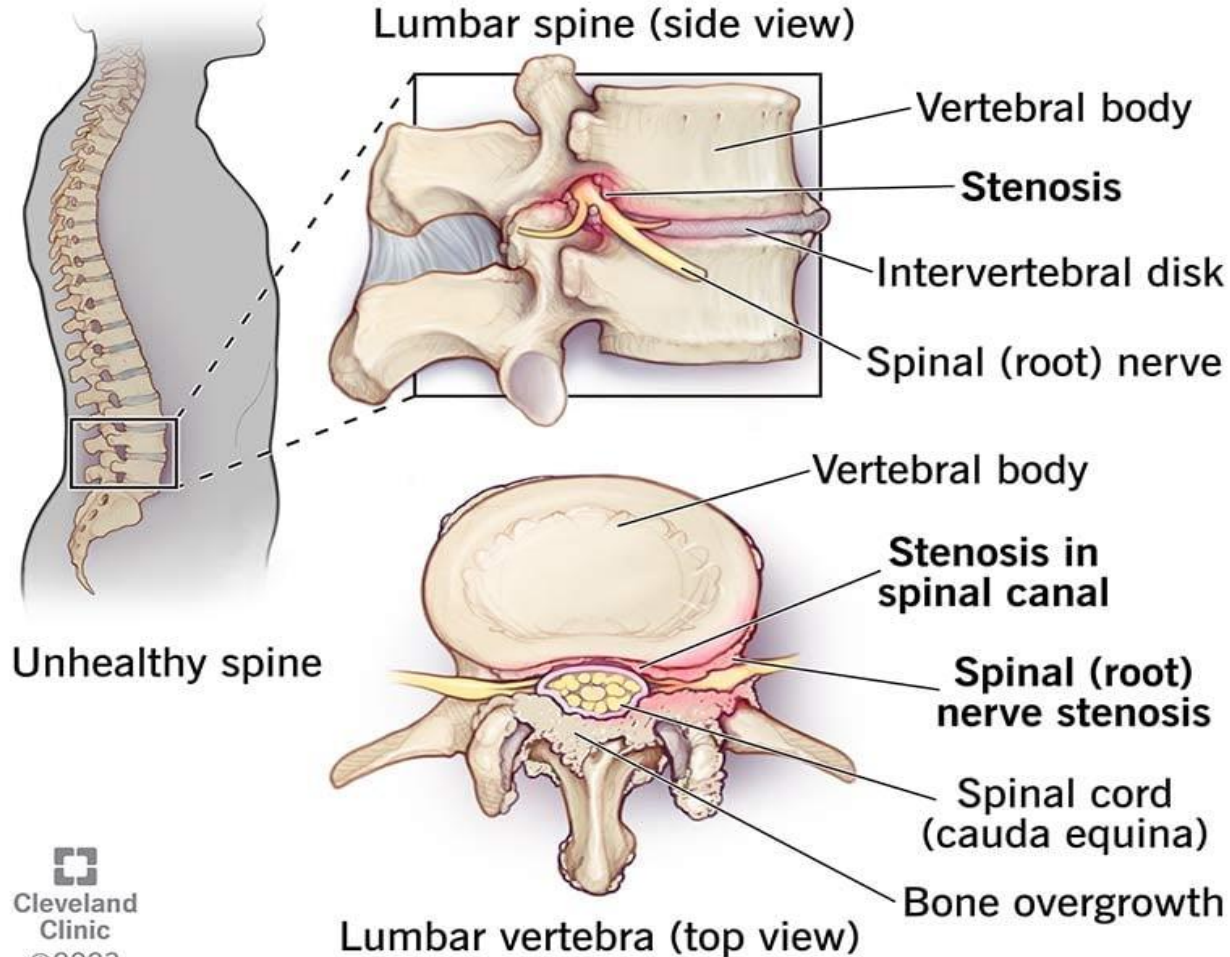




# Indications for TFESI

TFESI is typically recommended for patients experiencing conditions such as herniated discs, spinal stenosis, and radiculopathy

## Spinal stenosis

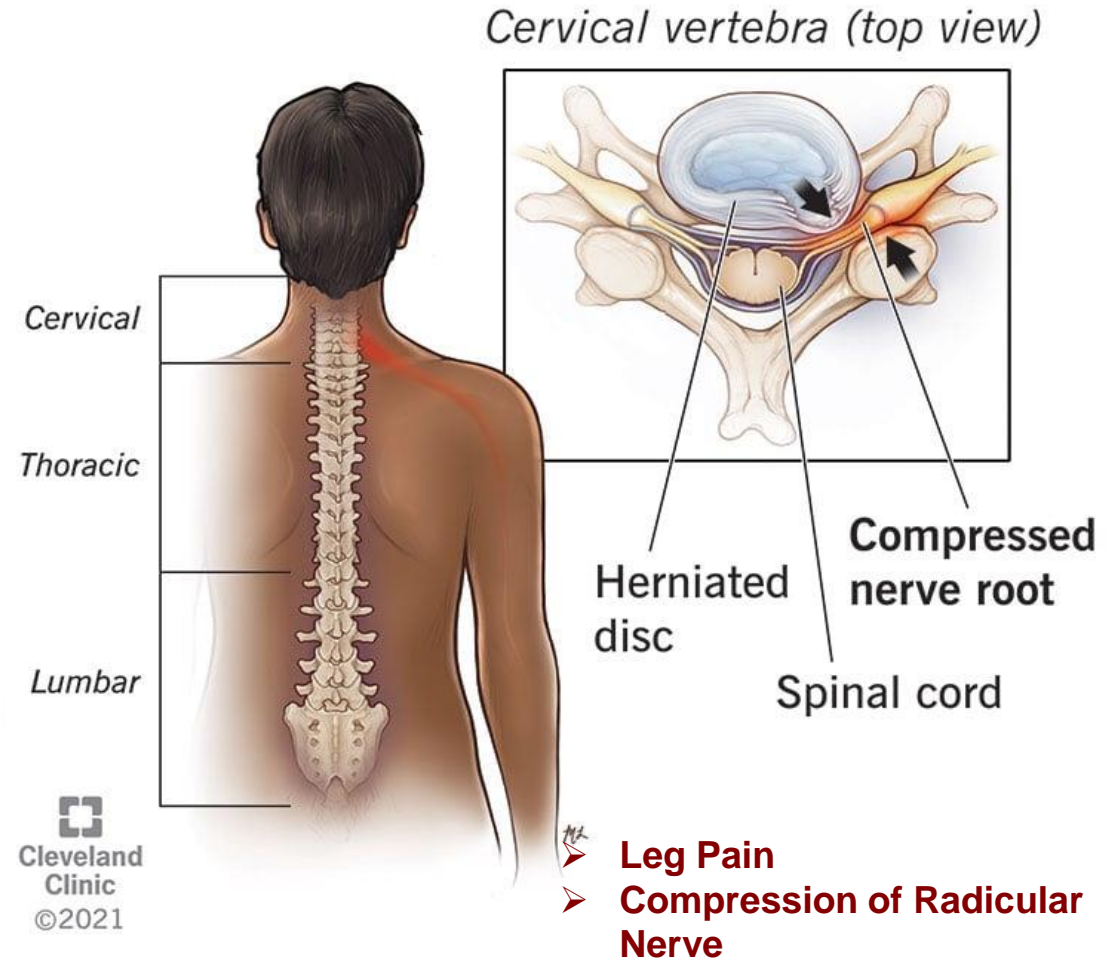


Unhealthy spine


Lumbar vertebra (top view)

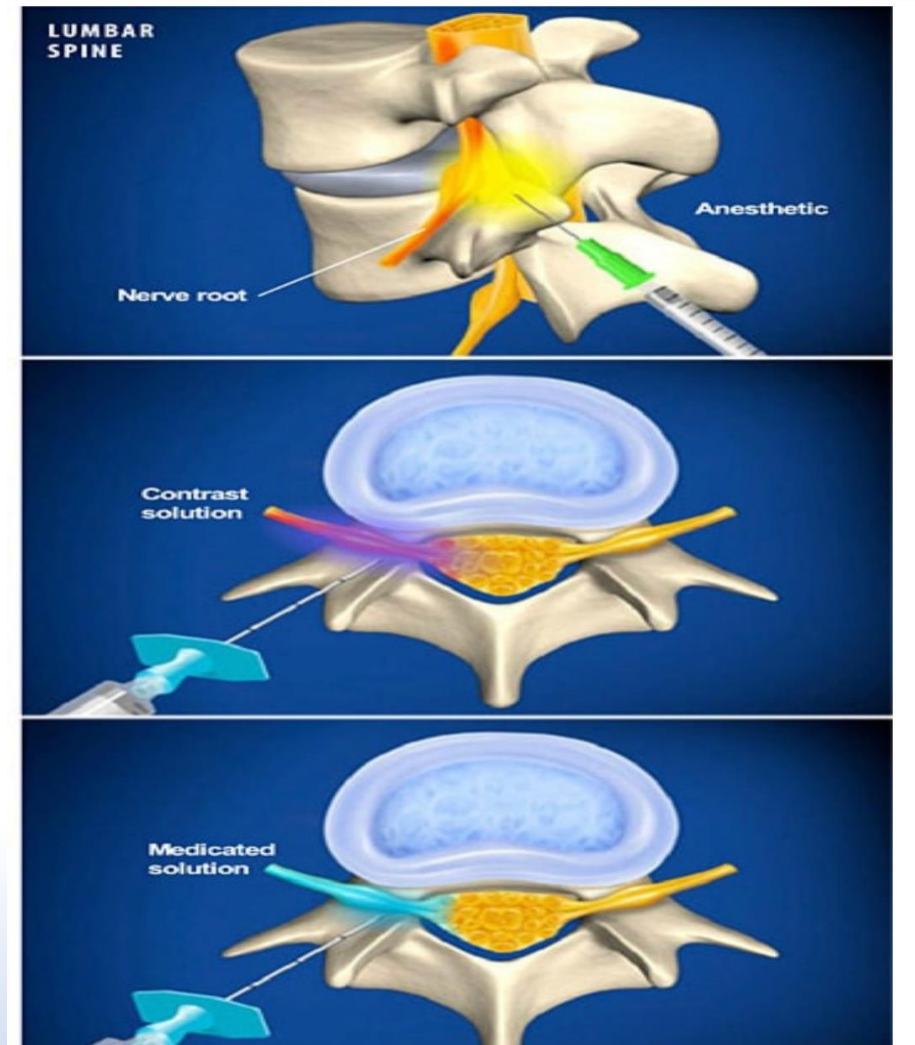
➤ **Central Spinal Stenosis or Foraminal Stenosis**

## Radiculopathy




# Patient Evaluation and Procedure

- ❖ A thorough assessment of the patient is of at most importance.
- ❖ The procedure should be explained in detail to the patient.
- ❖ Injection of anesthetic and steroid
- ❖ Use of X-ray guidance (fluoroscopy).
- ❖ Placement of Contrast.
- ❖ Administration of the injection. 
- ❖ Effect immediately after the injection.
- ❖ Numbness and/or relief from symptoms.
- ❖ Effect after the anesthetic wears off.
- ❖ Alternate solutions.



# Potential Risks and complications

- ❖ Use of fluoroscopy or ultrasound guidance to ensure accurate needle placement within the intervertebral foramen.
- ❖ Use of Local anesthetic.
- ❖ Success Rate
- ❖ Effect of procedure.
- ❖ Risks associated with procedure. 
- ❖ Importance of informed consent .

- Allergic reaction to medication
- Infection.
- Facial flushing,
- Occasional low-grade fevers,
- Hiccups,
- Insomnia, headaches,
- Water retention,
- Increased appetite,
- Increased heart rate,
- Abdominal cramping or bloating.
- Effect of contaminated epidural steroid injections



# Summary

- A transforaminal lumbar epidural steroid injection (TFESI) is an injection of corticosteroids into the epidural space.
- The intervertebral foramen is the target area for TFESI, where medication is delivered to reduce inflammation and pain.
- These injections are performed when it is thought that a specific spinal nerve or nerves is part of the process that is causing the pain.
- Common indications for TFESI include herniated discs, radiculopathy, or radiculitis.
- Long-term success rates for transforaminal epidural glucocorticoid injections ranged from 71% to 84%.
- As discussed, there are few risks associated with Lumbar epidural steroid injections though they tend to be rare. Hence the importance of informed consent cannot be overstressed.
- **Remember the following actions when you encounter similar cases.**
  - **Neuroforaminal stenosis: order TFESI for that level (can be single, multiple, unilateral or bilateral)**
  - **Spinal canal stenosis: order bilateral (single or multiple levels)**
  - **Posterior Disc Herniations (usually need two or more TFESI levels)**
  - **L5/S1 disc herniation, (consider ordering, L5/S1 and S1 TFESI)**

# Questions and Answers

## ❖ **Do epidural steroid injections fix herniated disc?**

- Unfortunately, the injection does not make a herniated disc smaller; it only works on the spinal nerves by flushing away the proteins that cause swelling. The pain relief can last from days to years, allowing your spinal condition to improve with physical therapy and an exercise program.

*Thank  
You*