



Transforaminal Epidural Steroid Injection (TFESI)

Your provider has ordered a Transforaminal Epidural Steroid Injection (TFESI). The office will obtain approval from your insurance and call you with an appointment.

What is a Transforaminal Epidural Steroid Injection?

A Transforaminal Epidural Steroid Injection is an injection of a steroid and long acting numbing medication into the lower back that may decrease pain in your back and legs.

Before the Injection:

- Please tell your provider if you have any bleeding disorders or if you are taking any blood thinners. These medications may increase your risk of bleeding after the injection.
- If you are taking blood thinners, please contact the provider that prescribed this medication to see if it is safe to stop the medication. Instructions on how and when to stop these medications should be given by the provider who started these to decrease your risk of complications.
- Please have an up-to-date list of all medications and supplements. Except for blood thinners, please take your normal medications as ordered. Steroids can cause a slight increase in blood pressure and blood sugar.
- Please have an up-to-date list of all allergies.
- Your provider will discuss the risks and benefits before the injection and answer any additional questions.
- You need to be in good health the day of the injection. Please contact us if you have any infection, are taking antibiotics, have a fever, or any new illnesses or hospitalizations.
- **You will need a driver for this procedure if you choose to have sedation. Your driver must stay with you while you are here. You May have a light meal before the injection if you choose to have sedation.**
- Additional instructions

During the Injection:

- The injection will take approximately 10-30 minutes. Please allow extra time for registration and preparation.
- You will be fully awake and interactive during the injection (unless you choose sedation).
- You will be lying down on your stomach during the injection. Please notify your provider if you are unable to do this.

After the Injection:

- You may feel fullness in your back that lasts for a few minutes to a few hours.
- The steroids take 2-5 days to decrease inflammation and reduce pain.
- You will be given additional discharge instructions the day of your injection.
- Please call the office at 715-483-0559 or 844-4-KINISI if you have any questions or concerns.