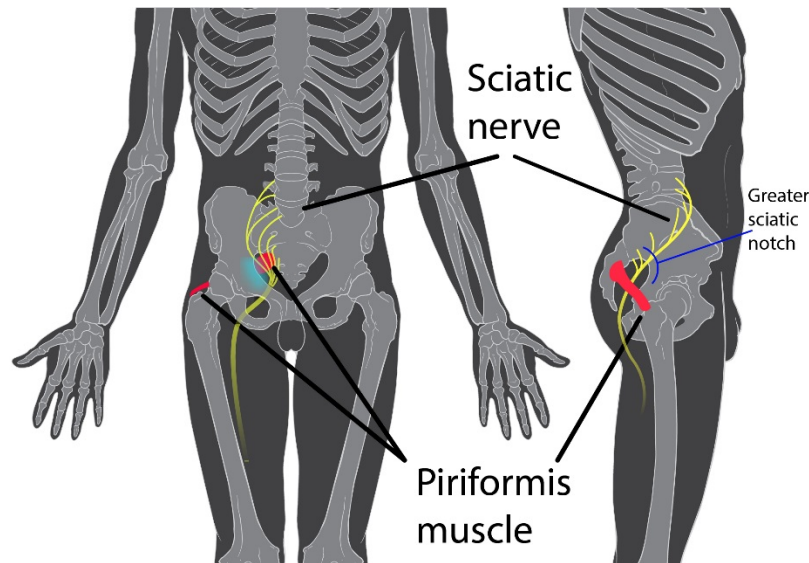




Piriformis Injection

What is the purpose of this procedure?

A piriformis injection can be useful to evaluate and manage pain in the buttock and back of the leg. The pain is commonly caused by Piriformis syndrome. This is when the piriformis muscle (in the buttock), presses on the sciatic nerve running up the back of the leg.



Piriformis syndrome can occur spontaneously or after overuse or injury. The piriformis muscle becomes tight, tender, and contracted leading to deep aching pain in the buttock that is sometimes associated with pain radiating down the back of the leg. Injecting local anesthetic (numbing medicine) into the muscle can help it relax. Steroids are also occasionally used to help relieve inflammation (swelling).

What are the risks associated with this procedure?

The risks are infrequent. They include:

- Allergic reaction to medication
- Nerve damage
- Bleeding and bruising at the injection site
- Pain at the injection site or during the injection

- Infection
- Injection of medication into a blood vessel
- No improvement or worsening of your pain in some cases
- Steroid injections may also cause a temporary increase in blood sugar especially in diabetics
- Temporary leg numbness or weakness is possible due to spill of medication onto nearby nerves.

How should I prepare for the procedure?

- You must have a driver with you at the time of check in and check out. Your driver must accompany you to the clinic for your procedure. You can be discharged only to the care of a responsible adult driver 18 or older.
- You may need to stop taking certain medications several days before the procedure. Please remind the doctor of all prescription and over-the-counter medications you take, including herbal and vitamin supplements. The doctor will tell you if and when you need to discontinue the medications.
- Tell the doctor if you develop a cold, fever, or flu symptoms before your scheduled appointment, or if you have started taking antibiotics for an infection.

What will happen during the procedure?

The procedure is performed on an outpatient basis using an ultrasound machine.

1. When you get to the procedure room for your safety and comfort you will be connected to monitoring equipment (EKG monitor, blood pressure cuff, and blood oxygen monitoring device), and positioned on your stomach. The buttock is cleansed with an antiseptic soap then ultrasound gel is applied.

2. The doctor then scans to locate the piriformis muscle. Your leg may be rotated to identify it. Once identified, the doctor injects numbing medicine into your skin. This will cause a burning sensation for a few seconds.
3. The doctor then carefully directs a needle with the help of the ultrasound to the piriformis muscle and injects the anesthetic solution for pain relief.

What should I do after the procedure?

After the procedure you will be taken to the recovery area for 20-30 minutes. Many people experience immediate relief from the injection but it may take several days before the steroid starts working. If you have soreness in the area of the injection apply some ice. You may resume your usual activities the following day.

If you would like further information including videos of procedures, please visit our website: <http://www.umpain.com/>

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