



MEET DR. MICHAEL DRELLES

When it comes to fighting pain, be sure to get the best on your team. With more than a decade of experience in pain management, Michael Drelles, D.O. joins Straith Hospital as the Medical Director of the Straith Interventional Pain Center.

Dr. Drelles has more than 14 years of experience and believes that with a thorough evaluation and a proper diagnosis, an effective and individualized treatment plan can be created.

Are you ready to enjoy a better quality of life? Put your trust in someone with expertise and experience. Put your trust in Dr. Michael Drelles.

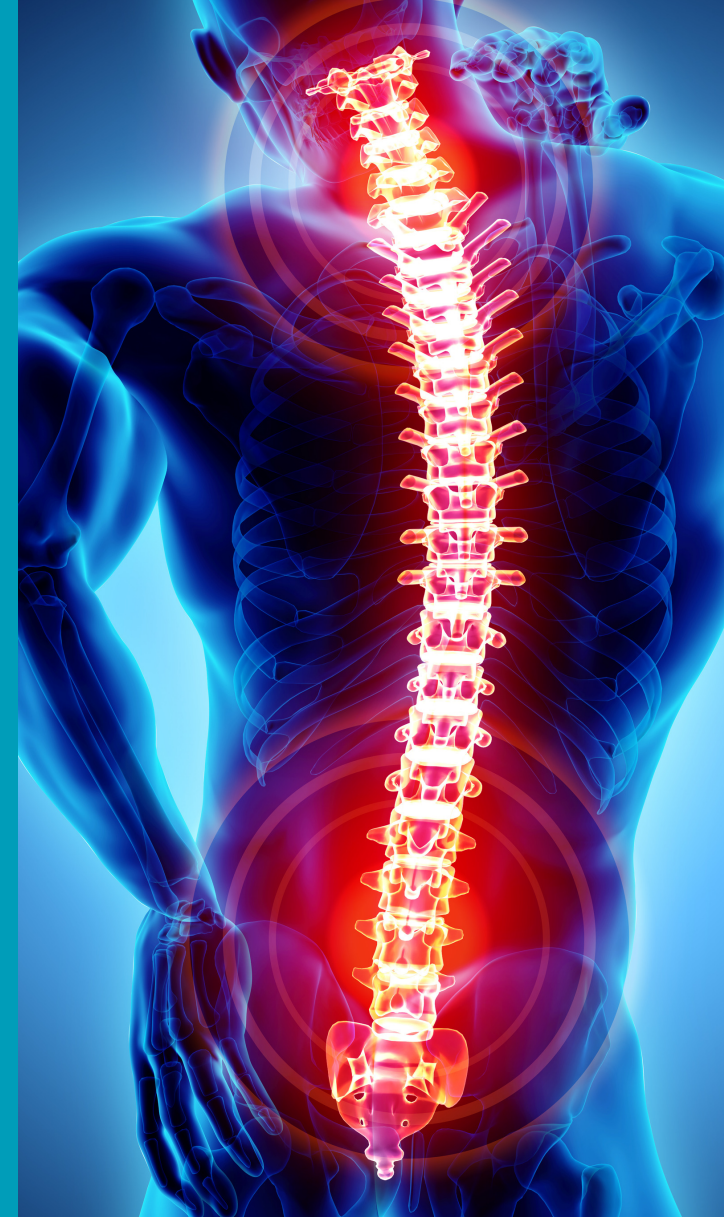
WHY INTERVENTIONAL THERAPY?

A variety of interventional procedures can be used to treat a range of pain conditions from chronic low back pain to migraine headaches. Dr. Drelles is skilled in determining the most appropriate interventional procedure for each patient and administering that procedure to achieve the greatest possible pain relief.

CONTACT US

Phone: 248-386-7267
Fax: 248-386-7269
www.straithhospital.org

23901 Lahser Road
Southfield, MI 48033



EPIDURAL STEROID INJECTION

Cervical, Thoracic, Lumbar, Caudal

 **Straith**HOSPITAL
Interventional Pain Center

WHAT IS AN EPIDURAL STEROID INJECTION?

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An epidural steroid injection places anti-inflammatory medication (steroid) within the spinal canal between the spinal bones and spinal cord (epidural space). The steroid is used to reduce inflammation and hopefully pain. Some of the medical diagnosis that can cause pain include degenerative disc disease, radiculitis (nerve pain), disc displacements (rupture or bulging of the disc), or spinal stenosis (narrowing of the spinal canal).

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DIFFERENT APPROACHES

Interlaminar: Through the back of the spine between two laminar bones.

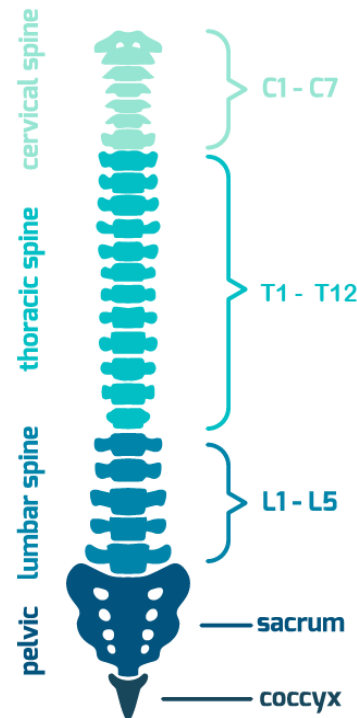
Transforaminal: Through the opening at the side of the spine where a nerve exits the spinal cord.

Caudal: Through the space at the bottom of the spine at the “tailbone” area.

WHAT AREAS OF THE BODY CAN THIS PROCEDURE BE PERFORMED?

Depending on the evaluation and region of your pain, epidural steroid injections can be performed to the following areas:

- Cervical (Neck)
- Thoracic (Mid-back)
- Lumbar (Lower-back)
- Caudal (Tailbone)



GENERAL PRE-OP INSTRUCTIONS

- Please arrive at Straith Hospital 1 hour prior to your scheduled time if you are having sedation OR 30 minutes prior if you are having no sedation.
- Blood thinning medications (Plavix, Coumadin, Eliquis) are usually stopped before your procedure. Please follow the instructions from your doctor.
- You may take your usual prescribed medication with a sip of water unless otherwise instructed.
- If you are having sedation, a responsible adult is to drive you and must remain at Straith Hospital for the duration of your procedure.
- Sedation patients must NOT have anything to eat or drink 8-10 hours prior to their arrival time.
- You may only have clear liquids (water, black coffee with no cream or sugar, tea) 4 hours prior to arrival time.

WHAT TO EXPECT AFTER THE PROCEDURE

- The steroid medication will take at least 3-5 days to work.
- You may have a temporary increase in pain and/or soreness at the needle site. Ice can be applied to help relieve this pain.
- It may take up to 7 days before you begin to feel pain relief.
- You may return to your normal activities unless otherwise directed upon discharge.
- You may also resume any medication after the procedure.
- You are allowed to shower post procedure, but no submerging in water for 24 hours.
- If the pain becomes severe or if you experience severe numbness, fevers, or changes in mental status, call the clinic immediately.