
Chronic Pain Clinic

Dorsal Root Ganglion block

What is a dorsal root ganglion block?

The nerves that carry sensation come out of the spinal cord and branch out to the different parts of the body. The dorsal root ganglion looks like a small swelling on the nerve where it joins the spinal cord. It is here that impulses from the nerves are transmitted through to the spinal cord.

Local anaesthetic can be injected into the dorsal root ganglion to slow down or block nerve impulses. Although this may help your pain initially, the effect will wear off. This procedure is done as a test to find out the exact area that is causing problems. If you get pain relief from this procedure it will help the doctor to decide which procedure to do next.

Before the procedure

- Treatment takes place as an outpatient at the Ely day Surgery Unit or Addenbrookes Pain Clinic.
- Your stay may be between two to four hours and before any treatment begins you will be asked to provide assurance that someone is able to drive you home if you are undergoing injections.
- You will have a morning or an afternoon appointment.
- On arrival, you will be asked to complete questionnaires as part of an audit and to record improvements in pain levels.
- You will be asked to change into a theatre gown and your blood pressure and pulse will be recorded.
- Your doctor will then discuss the procedure with you and ask you to sign a consent form.

The procedure

- In the treatment room, you may have a small needle (Cannula) placed in the back of your hand. This allows the doctor to give you sedation and/or intravenous fluids if necessary.
- Once you are lying in the correct position the doctor will clean your back with an antiseptic solution which can feel very cold.
- The procedure will be carried out under x-ray screening.
- Local anaesthetic is injected into your back, which may sting at first, but the area will soon go numb.
- Contrast (a solution which shows up under x-ray) is injected to make sure that the needle is in the correct position as seen on x-ray.

- Local anaesthetic and steroid is then injected and a feeling of tightness may be felt. A cold spray may be used over the injection site once the procedure is completed.

Following the injection

- After the procedure you will be taken to the recovery area where the nursing staff will observe you.
- You may feel a little drowsy and wish to sleep.
- You will lie flat for about 45 minutes and then be assisted to sit up and offered light refreshment.
- Your blood pressure and pulse will be checked again before you get dressed.
- Before you leave, the doctor will see you again and ask a few questions about your pain and any effects that the injection may have had.

Please ensure that you have arranged for someone to drive you home after this procedure. Failure to do so will result in your procedure being cancelled.

If you have had sedation, we recommend that you arrange for someone to stay with you overnight and that you do not drive for 24 hours.

Possible side effects / risks

- Unfortunately, no procedure is risk free.
- Although long term side effects and complications are uncommon, they can occur.
- You may experience mild local tenderness at the site of the injection, though this will usually settle over the next few days.
- Other risks could include an increase in pain, infection, bruising, bleeding or nerve damage

What to expect afterwards

- Some rapid relief of your pain may be noticed due to the local anaesthetic. It could take several days before the steroid becomes effective.
- It is a good idea to take things easy for the rest of the day and avoid any strenuous activity.
- Take your regular pain killers as normal.
- Try to keep on the move about the house but do not do anything too strenuous.
- As your pain decreases you should try to gently increase your exercise. Simple activities like a daily walk, using an exercise bike or swimming on your back will help to improve your muscle tone and strengthen your back. The best way is to increase your activity slowly.
- Try not to overdo things on a good day so that you end up paying for it with more pain the following day.

Follow up

A letter will be sent to your GP and a further appointment to see your pain consultant will be posted to you.

Points to remember

- Please bring your glasses if you need them for reading
- Always bring a list of all current medication.
- Continue taking all your usual medication on treatment day unless advised to omit anything by the Pain Clinic.
- If there is any possibility you may be pregnant please inform the doctor or nurse.

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please speak to your doctor or contact the Pain Clinic. (The number below is generally manned 0800 – 1700 Monday to Friday; there is an answer machine out of hours, please leave a message and we will return your call).

Telephone number: 01223 216993

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

Gujarati

تکایہ پرسیار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر ، بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براہ مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history

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