### Lumbar Selective Nerve Root Block (SNRB)

CONSENT

This document outlines the risks and potential complication rates associated with lumbar selective nerve root block (SNRB). The following information is based on recent evidence from prospective and retrospective cohort studies, systematic reviews, and society guidelines.

**Common Risks and Estimated Incidence:**

- Any complication: 5–17% (includes both minor and major complications)[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)

- Increased pain at the injection site: 17.1%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Increased radicular pain: 8.8%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Lightheadedness or vasovagal reaction: 6.5%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Increased spine pain: 5.1%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Nausea: 3.7%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Nonspecific headache: 1.4%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Vomiting: 0.5%[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)

- Minor complications (e.g., transient sensory symptoms, soreness, dizziness): 0–6%[[3]](https://pubmed.ncbi.nlm.nih.gov/23673151)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)[[4]](https://pubmed.ncbi.nlm.nih.gov/38331978)

- Minor bleeding or hematoma at the injection site: rare (<1%)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)

- All minor complications are transient and self-limited, with no lasting harm reported in large series.[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)[[4]](https://pubmed.ncbi.nlm.nih.gov/38331978)

**Serious or Rare Risks:**

- Infection (epidural abscess, meningitis): exceedingly rare[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[3]](https://pubmed.ncbi.nlm.nih.gov/23673151)[[6]](https://pubmed.ncbi.nlm.nih.gov/31005925)

- Allergic reaction to injectate: rare[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)

- Neurological injury (nerve root irritation, transient or persistent deficit): extremely rare, with nerve root irritation reported in 0.1% of cases and no long-term deficits in large series[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)

- Vascular injury or inadvertent intravascular injection: risk of vascular penetration varies from 3.6% to 20% depending on technique; major vascular complications are rare[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)

- Catastrophic complications (spinal cord infarction, paraplegia): extremely rare, typically related to inadvertent intra-arterial injection of particulate steroid; no such events reported in large prospective series[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[3]](https://pubmed.ncbi.nlm.nih.gov/23673151)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)[[6]](https://pubmed.ncbi.nlm.nih.gov/31005925)[[7]](https://pubmed.ncbi.nlm.nih.gov/16003684)

- Hematoma requiring evacuation: rare (<1%)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)

- Permanent neurological deficit: not reported in large series[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)[[6]](https://pubmed.ncbi.nlm.nih.gov/31005925)[[4]](https://pubmed.ncbi.nlm.nih.gov/38331978)[[7]](https://pubmed.ncbi.nlm.nih.gov/16003684)

**Risk Factors for Increased Complications:**

- Advanced age, higher BMI, diabetes, tobacco use, coagulopathy, and multilevel injections are associated with higher complication rates and poorer outcomes.[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[3]](https://pubmed.ncbi.nlm.nih.gov/23673151)[[6]](https://pubmed.ncbi.nlm.nih.gov/31005925)

**Additional Considerations:**

- The majority of complications are minor and resolve without long-term sequelae; permanent deficits are exceedingly rare.[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[3]](https://pubmed.ncbi.nlm.nih.gov/23673151)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)[[6]](https://pubmed.ncbi.nlm.nih.gov/31005925)[[4]](https://pubmed.ncbi.nlm.nih.gov/38331978)[[7]](https://pubmed.ncbi.nlm.nih.gov/16003684)

- The overall safety profile of lumbar SNRB is favorable, with a low risk of clinically significant complications.[[1]](https://pubmed.ncbi.nlm.nih.gov/15706554)[[5]](https://pubmed.ncbi.nlm.nih.gov/36510616)[[3]](https://pubmed.ncbi.nlm.nih.gov/23673151)[[2]](https://pubmed.ncbi.nlm.nih.gov/16517389)[[6]](https://pubmed.ncbi.nlm.nih.gov/31005925)[[4]](https://pubmed.ncbi.nlm.nih.gov/38331978)[[7]](https://pubmed.ncbi.nlm.nih.gov/16003684)

**Patient Acknowledgment:**

By signing below, the patient acknowledges understanding of the above risks, their estimated incidence, and the potential for both common and rare complications associated with Lumbar Selective Nerve Root Block. All questions have been answered to the patient's satisfaction.

**Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_**

**Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_**

### References

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