

Safety of Epidural Steroid Injection Methods in the Management of Recurrent Lumbar Disc Herniation: Few Comments

[Mohamed Amin Ghobadifar](#),¹ [Farideh Pourghardash](#),² [Armin Akbarzadeh](#),³ and [Zahra Mosallanejad](#)⁴

Dear Editor,

We were recently interested by an article published in the *Asian Spinal Journal* by Karamouzian et al. [1], entitled "Comparison of two methods of epidural steroid injection in the treatment of recurrent lumbar disc herniation". The authors presented an intriguing investigation comparing the effectiveness of the different methods of epidural steroid injection (ESI) in patients with recurrent lumbar disc herniation, and reported similar outcomes of transforaminal and caudal steroid injection procedures in the treatment of lumbar disc herniation. Although caudal and transforaminal steroid injections are the commonly performed techniques in the management of the pain of disc herniation, the results are unsatisfactory, given the certain unique risks carried by ESI procedures. To Karamouzian et al. discussion, we also note the risks and complications of ESIs in the spine, which is evident in the results discussed below.