

Question for the Doctor

Posted by Becky - 27 Feb 2006 22:55

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Hello, I am a new member and I am looking for answers to my recent diagnoses. First of all I had a laminectomy in 1994, everything has been fine for all these years until March of 2004. I started doing some reach for the sky excersize, then instantly I had pain. Went to my GP and he tried to treat me but could not. He sent me to an Ortho, which did an MRI and dx me with Degenerative disc disease L-4 L-5. This is where I also had my surgery years ago.I had my first epidural which was done in the office with me laying on my side. It was so painful and felt like someone was standing on my back. I ended up going to ER that wknd because I could not walk. Nothing was mentioned about this by the Ortho. A few months later he did it again this time we did it at the near surgery center.This was a far better injection with no pain. I ended up going to the original ortho that did my surgery to get his advise, once again I had another epidural, this time he ended up puncturing my dura sack, I had an instant headache when I raised my head. He attempted to do a blood patch, well that did not go well at all and we ended up not doing it because he could not get the needle in there since there was so much blockage and it was horribly painful.Maybe he should not have even tried doing that epidural to begin with huh? exactly one week later, I woke up with a horrible headache, went to work had it all day. When I got home I started vomiting horribly, and I could not stop, I couldn't even lift my head, so I was laying in all of this vomit oh boy. My boyfriend came over and called 911. They did every test there was.I was in there for 5 days still had the headache and vomiting.The ortho, nuerologist, and my own GP were all acting funny, you could tell they were all hiding something.Since they could not find anything the neurologist asked me if I wanted him to do a spinal tap. That was the only test left. I refused and went home the next day. I was off work for 2 weeks and was very sick.

After all of that they recommended me to see the surgeon, he ordered a discogram which could not be done, the Pain Managment Dr preforming the procedure said I was in horrible pain and he could not get the needle in. After all of this I was recommended to see a pain managment doc. I went to the Dr who tried to do the procedure, He put me on meds and wanted to do a caudal epidural, which I agreed to.It went fine but I did not find any relief.While he was doing this injection he injected dye so he could see why he could not do the discogram.I needed my FMLA paper work filled out and this is when he dx me with arachnoiditis. Never discussed it with me. I had to learn everything from the internet. I do have an appt with him on march 14, and I want some answers. The pain meds do not work right and they make me feel like I am a druggy in this horrible pain I would not wish on anyone. Maybe the DR who did it. Do you know Doc Sarah, when and how I got this? This has been such a horrible experience, whats next? I would appreciate any advise.

Thanks for listening

Becky

Re:Question for the Doctor

Posted by Becky - 29 Apr 2006 18:07

Hi Doc,

I have a question for you about pain meds. I am not having much luck in pain control

I went to see a spinal surgeon thursday. He said there was nothing he could do for me without causing me more pain. I am now currently taking 80 mg of oxy 3/per day. They only last for 4 hrs. I have mentioned to Doc Whitorth about the pump since my pain is not controlled. Do you have any suggestions on another pain med I could take to control this pain. I run 8-9 daily on the pain scale and I am worn out mentally and physically. I need help desperatly.

Thanks and Hugs,

Becky

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Re:Question for the Doctor

Posted by DocSarah - 04 May 2006 11:18

Hi Becky,

have you tried long-acting oxycodone (oxycontin)? You could try converting the short-acting dose and then using short-acting as breakthrough on top if necessary.

The other drug I'd recommend as an adjuvant is pregabalin which is an anticonvulsant (like gabapentin). Start dose is 75mg twice a day (can be increaed to a max. 600mg a day) Benefits tend to appear within a few days and include improved sleep as well as pain reduction.

Hoep this helps,

Regards,

DocSarah

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Re:Question for the Doctor

Posted by Becky - 04 May 2006 23:51

Hi Doc,

I am already on 80mg Oxycontin with roxicodone 30mg for bt. I take Robaxin at night to rest my body. Doc W is so frustrated with me, but I can't help it. I am in severe pain most of the time. He had me go to

a spine surgeon last week. The surgeon said he could not do anything for me. It would only cause me more pain. He has recommended the morphine pain pump. What are your thoughts on this?

Many Blessings and thanks for trying to help me.

Becky:(

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Re:Question for the Doctor

Posted by Ang - 22 May 2006 12:37

Hi DocSarah,

I hope all is well, Could you please clarify something for me, my sister recently told us about the incident that we think really did her in. She did not tell us sooner because she did not want to scare us, but now she is scared herself and finally shared the information. Her last ESI, the last of 6 with included 3 before fusion and 3 after fusion all in the course of one year and a half, she lost feeling all on her left side (upper and lower) for 2 hours after the ESI. I would tend to believe that this is NOT normal and could be why she has upper body symptoms. Is it possible that an injection in the lumbar area could reach the neck. Please help me understand. Her meds are so much higher doses and her disabilities are more, however the neurologist has stated that her reflexes are still good is this a good sign or will that also deteriorate as well. Thank you in advance for your assistance and information .

Fondly, Ang

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Re:Question for the Doctor

Posted by Becky - 22 May 2006 22:20

Hi Ang, This is Becky.

I just wanted to make a comment on the reflexes your sister seems to still have. I have no reflexes in my foot (rt one) and barely any in my knee on the same leg. My left leg has barely any left either. My rt foot really freaks me out. It won't move at all. It has been that way for at least a year. I found myself tripping over things all the time. My right foot doesn't want to lift to walk over things. NO FUN

LOve,

Becky

Post edited by: Becky, at: 2006/05/22 22:23

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Re:Question for the Doctor

Posted by DocSarah - 24 May 2006 19:18

Hi Becky,

sorry not to reply sooner. Am a bit snowed under with work just now!

I'm also sorry to hear of your experiences. Sadly they are not unique. It may be difficult to pinpoint a single cause of your arachnoiditis; most likely is that it has arisen from a combination of circumstances: surgery, repeated epidural steroid injections, a dural tap, epidural blood patch and what sounds like meningitis (may have been chemical rather than infectious).

All those events standing alone can cause arachnoiditis but like most people it is probably the combination that has done the damage.

Hope this helps.

Regards,

DocSarah

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