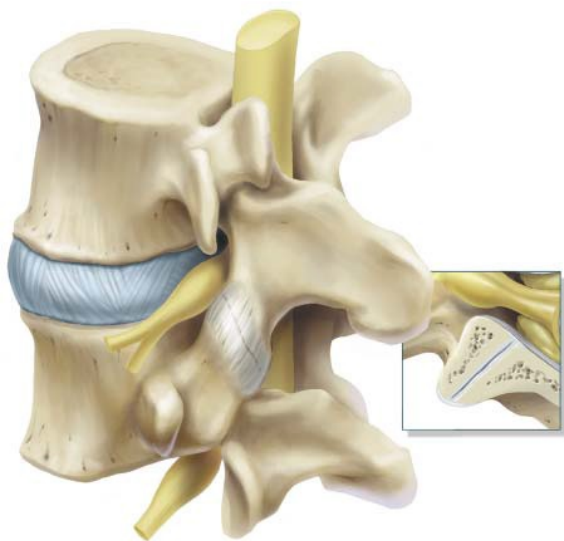


Facet Joint injection

PATIENT INFORMATION SHEET



Facet Joint Injection

A facet joint injection can be diagnostic, to determine the pain source, or therapeutic, to provide ongoing pain relief.

If the injection relieves the pain, then the injection site is the source of the pain. Once the source of the pain is known, treatment options can be considered.

Medications injected include:

Cortisone (Celestone) – a strong long lasting anti-inflammatory.

The cortisone injection itself will last 4-12 weeks, but with appropriate rehabilitation the effect can be much longer.

At Rehab+Fitness we mix cortisone with a local anaesthetic drug (usually Bupivacaine) which gives relief within 5 minutes and lasts 6-8 hours.

Technique

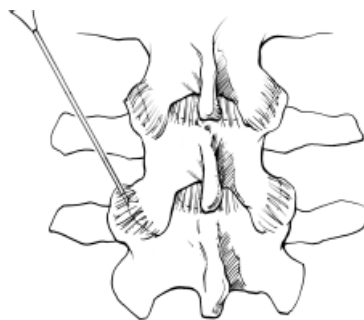
Facet joint injections are performed while you are awake, lying with your back exposed.

The skin on your back will be cleaned.

A CT scan will be used to identify the area requires treatment.

Once the injection site is accurately marked, the facet needle is inserted between two vertebra, into the facet joint space.

CT is used to guide the needle into the facet joint. The medication is injected. The needle is then removed.



The entire process takes about 10 – 20 minutes.

Side effects:

There is a possibility of side effects with just about any medical procedure and you should always discuss that possibility with your doctor before undergoing any treatment.

Possible side effects from facet injections include:

- Pain at the injection site,
- bleeding,
- infection
- worsening of the pain symptoms.

Side effects of the steroid medications used may include:

- fluid retention,
- elevated blood pressure,
- mood swings and insomnia.
- Increased blood sugar in diabetics

These steroid side effects are usually temporary.

Expectations of a facet joint injection

Immediately after the injection, you may feel that your pain has decreased, due to the local anaesthetic.

After a few hours, your pain may return and you may have a "sore back" for a couple of days. This is due to the needle insertion and irritation from the steroid. You should notice pain relief commencing around five days after the injection.

Studies have shown that fifty percent of patients experience good temporary relief from a facet joint injection.

Rehabilitation after the injection

Your rehabilitation will require the following:

- You will be able to walk immediately after the procedure.

- You may have slight bruising from the needle. This will settle with simple pain relief.
- It is preferred to have someone drive you home.
- You will be able to resume your normal activities the following day, as pain allows. You can remove the bandaid and wash as usual.

If you have severe pain, temperatures and /or redness and swelling in the region you were injected then please contact the rooms immediately.

You should see the physiotherapist we recommend to begin the active rehab program.