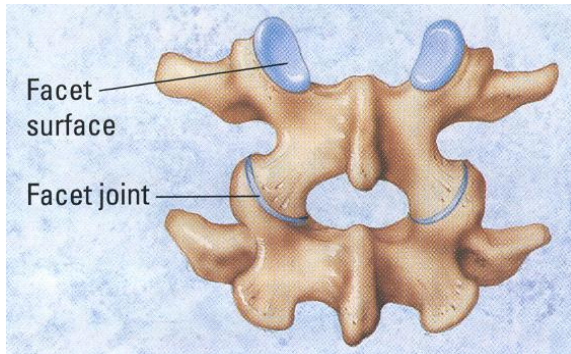




Facet Joint Injections



What are facet joints?

Facet joints are located on the back of the spine on each side where one vertebra slightly overlaps the adjacent vertebrae. They guide and allow the complicated movements of the spine.

What is facet joint syndrome?

Facet joint syndrome involves a constellation of symptoms resulting in diffuse pains that do not fit

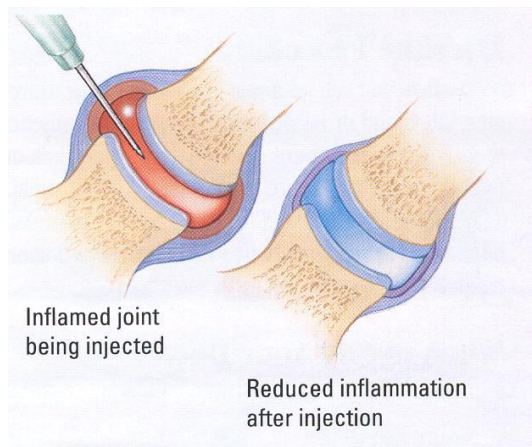
a clear nerve root pattern. These pains are typically worsened with cold damp weather and movement of the spine, such as standing, walking, and turning in bed.

Why inject the facet joints?

Facet injection is performed to help diagnose and/or treat pain related to disease or injury of the posterior joints of the spine. Injection of these joints is an accurate and definitive way to diagnose facet joint pain syndrome because certain joints may appear abnormal but not cause pain and, conversely, the problem joints may appear nearly normal.

What is the typical procedure?

You will be asked to lie nearly flat on your stomach. Under local anesthesia, using X-ray guidance, a small needle is positioned into the facet joint or along the facet joint nerves. A small injection of dye may be used to check positioning. Medication is then injected (usually a mixture of anti-inflammatory steroid and long-acting anesthetic). Each injection takes about 15 minutes. Multiple levels on either one or both sides may be performed in the same session depending upon your symptoms.



What will I feel during the injection?

During the procedure you may feel some slight pressure or discomfort. The doctor will be interested in how this discomfort compares to your usual pain symptoms.

When will the pain relief take effect?

You may experience numbness and/or relief from your spine pain for up to 6 hours after the injection. This is due to the long-acting anesthetic that was injected. Your usual symptoms may then return and may possibly be worse than usual for a day or two. The beneficial effects of the steroid injected usually require 2 to 3 days to begin and it may take as long as a week.

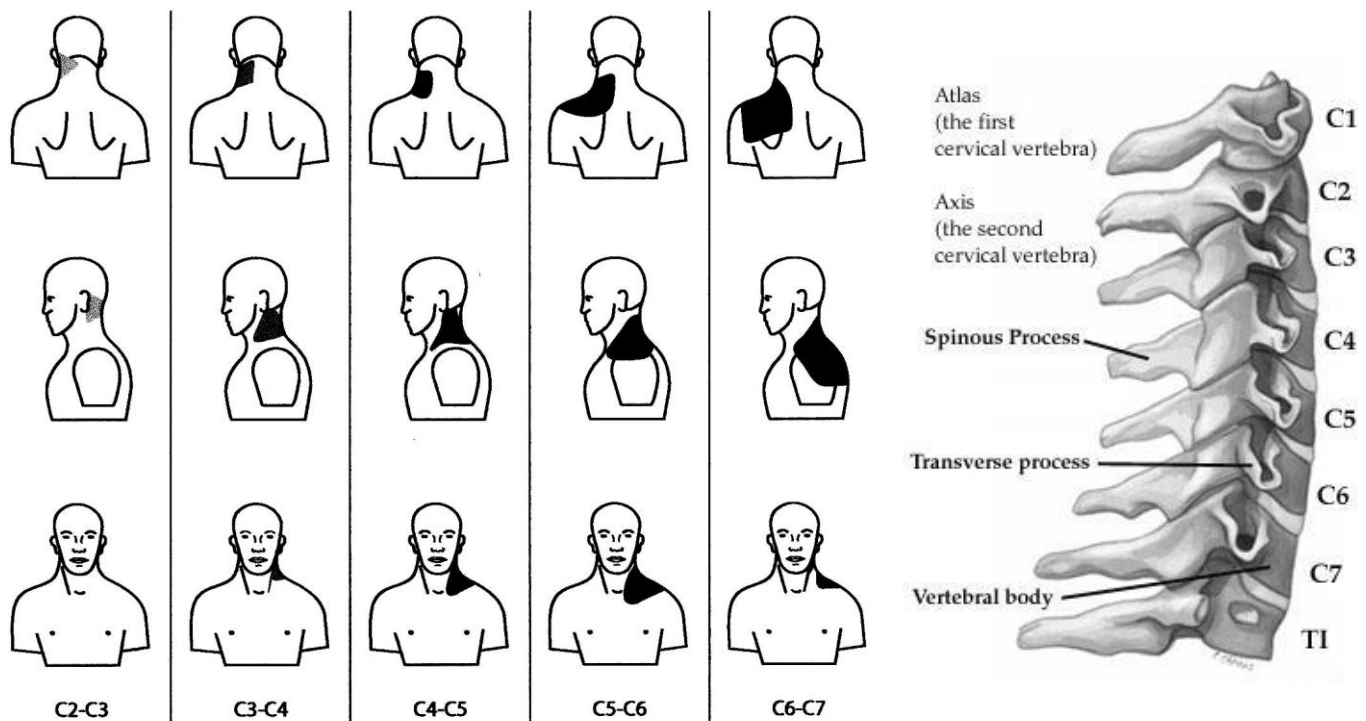
What if the pain relief doesn't last long?

If the injection blocked your pain effectively, but only for a short time, your provider may suggest additional injections or a procedure that offers more permanent relief, such as radiofrequency thermocoagulation.

What are the risks of facet joint injections?

As with any procedure, there are some inherent risks, although most of these are minimal. Common risks include but are not limited to bruising, bleeding, headaches, irritation of a nerve or nerve injury, including paralysis, numbness and weakness. Risks also include infection or reactions to the medications which may cause breathing difficulties and cardiac difficulties which may lead to death. Serious risks and complications are extremely rare, however.

Cervical Facet Pain Distribution



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Pre-Procedure Instructions for Spinal Injections

- Please stop all aspirin, aspirin products, and all nonsteroidals – except Celebrex– 5 days before the procedure. Examples of nonsteroidals that need to be stopped are: **Motrin, Advil, Naprosyn, Aleve, Indocin, Lodine, Orudis, Relafen, Daypro, Tolectin, Mobic, Torodol, Voltaren, Trilisate, Dolobid, Arthrotec, and Clinoril.**

If you have questions regarding these types of products or their discontinuation, you should discuss this with one of our staff.

- If you take fish oil or Vitamin E supplementation, please stop these 5 days prior to the injection.
- If you take **Coumadin, Heparin, Lovenox, Warfarin, Orgaran, Innohep, Fragmin, Argatroban, Plavix, ReoPro, Ticlid, Trental, Persantine,** or any other **blood thinner,** notify your doctor. This medication must be discontinued prior to an injection and requires permission from the provider prescribing it.
- Do not eat 4 hours or drink 2 hours prior to the procedure. You may take routine a.m. medications with a small amount of water.
- You may be requested to obtain laboratory work and an EKG prior to your procedure. This will be discussed and ordered, if necessary, at the pre-procedure appointment with your provider.
- For your safety, you must have a responsible adult to drive you home. Failure to have a driver may result in the cancellation of your procedure. Taxis are not permitted.
- A representative from this office will be calling you following your procedure to see how you are doing. If you have any problems, please contact this office.
- You will need to schedule a follow-up appointment for approximately 10 days to 2 weeks after your procedure.

Date of procedure: _____ Arrive at: _____ a.m./p.m.

| | | |
|---|---|--|
| <p>Gateway Surgical Center 690 N. Cofco Center Court Suite 150 Phoenix, AZ 85008 (602) 288-4441</p> | <p>NSASC 9439 E Ironwood Square Dr. Suite 100 Scottsdale, AZ 85258 (480) 355-3750</p> | <p>Scottsdale Pain Center 10200 N. 92nd St. Medical Plaza IV, Suite 140 Scottsdale, AZ 85260 (480) 860-3911</p> |
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Post Spine Procedure Instructions and Follow-up Orders

- Your activity level following your injection should be at the following levels:

Day of Injection: We recommend no new activities. You should rest the day of the procedure. You can participate in all previous activities, but do this at a level of 25% of your usual effort. Avoid sustained sitting or standing and alternate your positions on a regular basis (about every 20 minutes).

Day 2: 25% to 50% of your usual activity level.

Day 3: Up to 75% of your usual activity level.

Day 4: After Day 4, activity is unrestricted as tolerated. If your physician gives you specific instructions or you have physical therapy, please follow these.

- **Diet:** Return to your normal diet as tolerated.
- **Medications:** ■ Resume aspirin and other anticoagulants the first day after the injection.
■ Resume your other medications as per your physician's previous directions.
- Should you have fever, chills, drainage, excessive swelling or redness from the injection site, bladder or bowel dysfunction, or change in sensation or muscle strength, please contact our office immediately. If you cannot reach your physician, please present to the nearest emergency room.
- The bandage may be removed after 24 hours.
- You may shower immediately, but please avoid swimming or baths/Jacuzzis/hot tubs for the first 2 days after the procedure, to reduce the risk of infection.
- You may use ice compresses over the injection site – 20 minutes on, then 20 minutes off. Repeat this cycle as required. Do not use gel packs since these can cause skin injury. Do not apply the cold packs to the numb areas following injection.
- Common side effects following the procedure include:
 - Decreased pain and possibly some numbness for 4 to 8 hours due to the local anesthetic.
 - Pain at the injection site.
 - A small amount of bleeding at the injection site.
 - Back stiffness.
 - If a steroid medication was used during the procedure, possible side effects include facial flushing, insomnia, and occasionally a low-grade fever.

All of the side effects listed should disappear within 1 to 3 days after the procedure.

- If you experience a post-procedure headache, please contact our office. For the first 24 hours, lie down as much as possible. You can take Tylenol up to 3 grams per day in doses of 1 gram every 8 hours. Drink plenty of fluids in the form of caffeinated beverages. The caffeine will often minimize the headache substantially. If you continue with headaches after 24 hours following the procedure, please contact our office.

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