

## GENERAL PRE/POST INSTRUCTIONS

◆ **EATING:** You may not have anything to eat or drink after midnight on the night prior to your procedure.

◆ **MEDICATIONS:** The nurse from the surgery center will discuss taking your routine medications the day of your procedure with you during your preoperative phone call. You may take your regular pain medicine as needed before/after the procedure. If you are taking blood thinning medications like, **Coumadin, Heparin, Lovenox, Plavix, Pradaxa, Xarolte or Ticlid**, they will have to be stopped before the procedure. However, **DO NOT STOP TAKING** these until discussing it with our office.

◆ **THINGS THAT MAY DELAY THE PROCEDURE:** If you are on antibiotics, or if you have an active infection or fever, please contact our office, we may need to reschedule the procedure.



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**Lumbar,  
Cervical and  
Thoracic  
Facet Joint  
Injection**

# LUMBAR, CERVICAL AND THORACIC FACET JOINT INJECTION

## WHAT ARE THE FACET JOINTS AND WHY ARE FACET JOINT INJECTIONS HELPFUL?

Lumbar, cervical and thoracic facet joints are small joints located in pairs on the back of your spine. They provide stability and guide motion in your spine. When the joints become painful, they may cause spinal pain. By placing numbing and steroid medications into the joint, the amount of immediate pain relief you experience will help confirm or deny the joint as a source of your pain. It is possible to obtain relief from the injection alone without follow-up physical therapy, other procedures or chiropractic care.

### BEFORE YOUR PROCEDURE:

If you are a candidate, your doctor will ask you for the following information:

Recent x-rays, MRI films and reports.

Drug, iodine, x-ray dye, or latex allergies.

Current health conditions.

**Your physician will also request that you:**

**STOP taking blood thinning medications such as aspirin, herbal remedies, Ibuprofen and any other anti-inflammatory drugs (NSAIDS) 7 days prior to procedure. (See attached)**

**A nurse from the facility will contact you 24-72 hours prior to your procedure with further instructions.**

**\*\* Please be on time for your scheduled procedure\*\***

**\*\*Cancellation less than 48 hours in advance, or failure to arrive on your procedure date, may result in a facility charge\*\***

**YOU MUST ARRANGE FOR SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE.**

## WHAT WILL HAPPEN TO ME DURING THE PROCEDURE?

Facet Joint injections take about 30 minutes. To begin, your physician will inject local anesthetic to numb the area. Using x-ray guidance, a small needle is inserted into the joint. Then, a mixture of numbing medicine (anesthetic) and an anti-inflammatory steroid will be slowly injected into the joint.

## WHAT SHOULD I DO AFTER THE PROCEDURE?

Typically patients go home within 30-60 minutes after the procedure. Your physician will ask you about your pain relief to determine whether further intervention is needed for the facet joints. Your legs or arms may feel numb or weak, depending on the area injected, but that will subside within a few hours.