

## Facet Joint Injection

Facets are the joints of the spine where two vertebral bones meet. Healthy facets support the spine, allowing us to twist and bend. Over time, facets can feel “achy,” similar to arthritis pain. For this procedure, you will receive a numbing medication around the nerves as well as a steroid to reduce inflammation around the joints. This may be part of your usual treatment plan or part of your diagnostic workup with your doctor.

### Pre-Procedure

- When you arrive, you will check in with registration and will be given a short questionnaire to fill out about your symptoms.
- A staff member will bring you to a suite to verify your health information, medications, allergies, and the intended procedure.
- We will perform a few short tests to be certain the procedure is safe
  - o Blood pressure, heart rate, and oxygen saturation
  - o **Blood sugar – only if** you take insulin products and are receiving a steroid
  - o **INR – only if** you take Coumadin/Warfarin and were asked to hold the medication for the procedure

### During the Procedure

- You will be transported to the procedure room where all details will be verified with you, the staff, and your doctor.
- You will see an x-ray machine in the room, which is used to:
  - o Guide the doctor and show important landmarks in the spine
  - o Show the doctor where to inject the drug with the use of contrast dye (please inform the staff if you have a contrast dye allergy)
- You will be assisted onto the procedure table
- Your doctor will clean the skin to help prevent infection
- Your doctor will insert a very small needle to numb the skin
- The procedure is very brief and is tolerated very well
- A Band-Aid is usually placed at the site of the procedure

### Post-Procedure

- Staff will check on you to make sure you are doing well
- They will take at least one more blood pressure reading
- The staff will let you go when you feel ready and they feel you’re ready (usually 10 minutes or less)