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## **LUMBAR FACET INJECTION**

### **WHAT IS IT**

The facet joint is a thumbnail size joint that is located in pairs between each bone of your spine. Lumbar facet injection is a procedure to diagnose or treat low back pain from the facet joints. Anesthetic and steroid medications are injected into the joint. To ensure proper placement of the medication the procedure is done under fluoroscopy (a type of low dose x-ray).

### **PURPOSE**

Facet joints can become painful and inflamed due to injury, arthritis, or other conditions. Steroid medication can reduce inflammation and pain.

### **WHAT TO EXPECT**

During the injection, pain is sometimes increased temporarily. You will be awake during the injection, but sedation can be given if you make prior arrangements with your doctor. The procedure can be stopped immediately at any time upon your request. Following the procedure you may experience some increased discomfort for about 2-3 days while the steroid medication is taking effect. Most people are able to return to work and usual activities on the following day.

### **WHAT ARE THE RISKS**

Every medical procedure, no matter how small, contains some risks. Anytime a needle is placed into your body there is a risk of tissue injury, infection, and bleeding. If this occurs in or near the spine it can result in severe damage. Although extremely rare, severe nerve damage and death have occurred following spine injections. Injections near the spine also risk dural puncture and spinal headache. More common risks include temporary increase in pain, local tenderness after the injection, allergic reaction to medication, and side effects from the steroids.