

FACET BLOC

**Indications:**

The **facet block** consists of injections of drugs (cortisone and xylocaine) in the facet joints (spine: cervical, dorsal, or lumbar) including a maximum of 4 sites per appointment.

**Exam preparation:**

- Do not eat 4 hours before the exam
- Can drink up to 1 hour before the exam

**Not recommended:**

- Intra-articular fracture
- Infection localized to the joint
- On the day of your intervention, do not perform exaggerated or repetitive movements, or play sports involving the joint being examined.

**Exam procedure:**

The patient lies on his stomach, and, after the usual disinfection of the skin, local anesthesia is applied if necessary. The procedure is performed under fluoroscopic control, which allows the needle to be directed towards the facet joint. A very small amount of dye is injected to ensure correct positioning of the needle. A solution containing a mixture of cortisone and an anesthetic is then injected into the joint.

<p><b>Injected product:</b></p>	<p><b>Injection site:</b> <b>Date:</b></p>
<p><b>Injected quantity:</b> <b>Concentration:</b></p>	<p><b>Technologist Signature:</b></p>

**Side effects:**

- Discomfort may be felt at the puncture site
- Blood sugar levels in diabetic patients may increase
- An appearance of redness on the skin
- You **may** experience some discomfort or swelling after the procedure because of inflammation. If this is the case, don't worry:
  - ✓ Apply ice (**15 minutes**) 3 to 4 times a day.
  - ✓ After the first day, if the pain persists, apply heat (**20 minutes**) 4 times a day.
  - ✓ Take Tylenol or Advil or Atasol every 4 hours or your usual medication.

Everything should be back to normal after 24-48 hours.

**Care instructions:**

- It may take up to 4 to 6 days before you feel any benefits of the steroid that was injected. Continue to take your usual pain medication during this time, if necessary.
- You can resume your normal activities and/or exercise program.
- If you have physiotherapy treatments, tell your therapist that you have had infiltrations.
- For **cervical** facet blocks:
  - ✓ Apply ice (**15 minutes at a time**) as needed.

**Monitoring:**

Infection of the joint is a rare but serious complication and requires treatment with antibiotics. If you have symptoms of pain, swelling, redness or fever 3 days or more after the infiltration, contact your doctor or call us.

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