

## WHERE CAN I HAVE A FACET JOINT INJECTION?

An appointment is required for all Facet Joint Injections. Please bring all your previous scans to your appointment.

### BUNBURY

55 Spencer Street, Bunbury  
T: 9722 3200 F: 9721 5385

### COCKBURN

Cockburn Health & Community  
Centre  
5 / 11 Wentworth Parade, Success  
T: 9494 3500 F: 9499 3597

### CURRAMBINE

1 / 1 Hobsons Gate, Currambine  
T: 9301 7000 F: 9304 0387

### DUNCRAIG

Suites 3-5,  
54 Arnisdale Road, Duncraig  
T: 9246 8800 F: 9448 0508

### FREMANTLE

201 High Street, Fremantle  
T: 9435 9500 F: 9430 6693

### HOLLYWOOD PRIVATE HOSPITAL

115 Monash Avenue, Nedlands  
T: 9449 5800 F: 9389 8112

### KELMSCOTT

2964 Albany Highway, Kelmscott  
T: 9495 9300 F: 9495 4117

### MANDURAH

160 Pinjarra Road, Mandurah  
T: 9582 4500 F: 9534 8502

### MORLEY

Units 5 & 6,  
11-13 Marchant Way, Morley  
T: 6278 0400 F: 9375 1148

### MT LAWLEY

St John of God Mt Lawley Hospital  
Thirlmere Road, Mt Lawley  
T: 9471 6900 F: 9272 4255

### MURDOCH

St John of God Medical Clinic  
100 Murdoch Drive, Murdoch  
(ent. off Barry Marshall Parade)  
T: 9333 9200 F: 9333 9286

### ROCKINGHAM

8B Leach Crescent, Rockingham  
T: 9527 0000 F: 9592 5097

### SUBIACO

St John of God Subiaco Hospital  
12 Salvado Road, Subiaco  
T: 9286 6400 F: 9286 6481

### VICTORIA PARK

771 Albany Highway, Victoria Park  
(ent. off Sussex Street)  
T: 6253 9100 F: 9362 2096

### WEMBLEY

5 Station Street, Wembley  
T: 9489 0800 F: 6380 2036

### WEXFORD

Wexford Medical Centre  
Suites 10-12,  
Barry Marshall Parade, Murdoch  
T: 6436 2500 F: 9332 0047

### WILLETTON

Unit 1, 187 High Road, Willetton  
T: 9354 0900 F: 9457 4934

### WOODVALE

Cnr Ocean Reef Road & Trappers  
Drive  
3 Castlegate Way, Woodvale  
T: 9408 3600 F: 9309 5535

## YOUR GUIDE TO

# FACET JOINT INJECTIONS



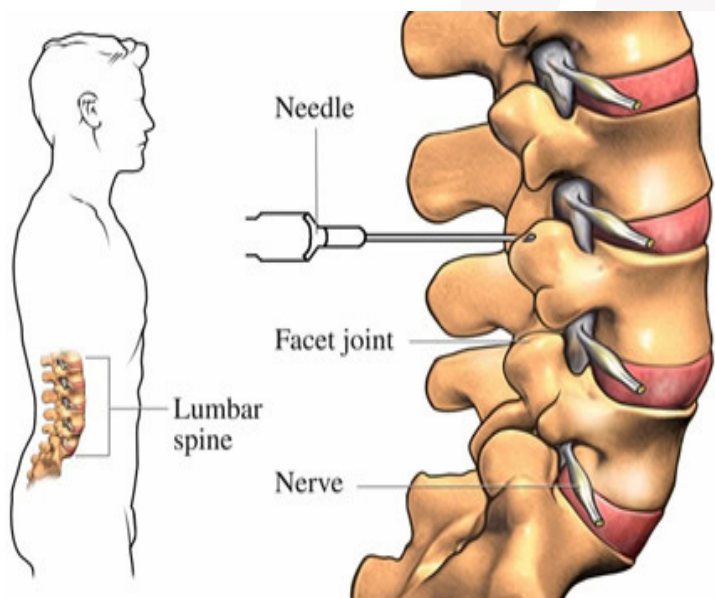
## WHAT IS A FACET JOINT INJECTION?

Facet joints are small joints at the back of the spine that provide stability to the whole vertebral column. There are facet joints in your neck (Cervical), upper back (Thoracic) and lower back (Lumbar) which allow for forward, backward and side-to-side movement of the spine.

Over time, facet joints can become arthritic and inflamed resulting in pain.

A Facet Joint Injection administers a local anaesthetic and/or steroid into and around the facet joint to relieve pain associated with worn or inflamed facet joints (see diagram below).

### DIAGRAM



## PATIENT PREPARATION

There is no specific preparation. You will need to bring any x-rays or scans that you have.

Please inform us if you have any allergies or take any medication that thins the blood, such as Warfarin or Plavix, as this may need to be adjusted by your doctor prior to the injection.

***If you are attending for a Cervical Facet Injection, you are not able to drive yourself home after this procedure. Therefore, you must organise a driver to bring you in and pick you up after the procedure.***

The procedure itself will take approximately 20 minutes. However, with preparation and recovery times, you may be in the Radiology department for up to 2 hours.

You will be asked to change into a gown. You will be given a consent form to read and sign prior to the procedure which outlines what to expect and risks associated with this procedure. A member of staff will explain the procedure in detail. If you have any concerns or queries, please let the staff member looking after you know.

## WHAT HAPPENS DURING THE FACET JOINT INJECTION?

The procedure is performed in the CT scanner room and takes about 20 minutes. Firstly, the skin on your back is cleaned with antiseptic solution, then a local anaesthetic is injected by the Radiologist with a small needle. This will sting for a short time as the anaesthetic takes effect.

The Radiologist then positions the needle under the guidance of the CT images to ensure the needle is in the exact location of the facet joint. When the needle is in the correct position, the mixture of anaesthetic and steroid is injected. You may experience some pressure or discomfort during the injection.

## WHAT HAPPENS AFTER THE PROCEDURE?

Pain relief can be instantaneous due to the local anaesthetic, however, this wears off after several hours and occasionally patients experience temporary discomfort in the area as a result. Continue with your normal medication during this period.

Lasting relief from the steroid often takes a few days to develop. You will be given a pain chart to record your pain relief for your referring doctor.