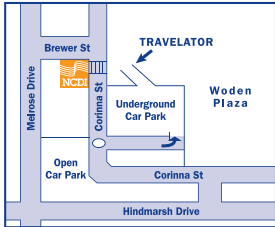


If you have any further questions please do not hesitate to contact our practices.



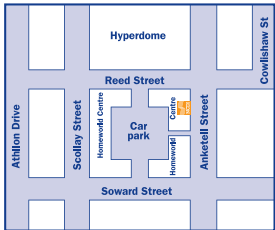
# FACET JOINT INJECTIONS & NERVE ROOT BLOCKS

Facet Joint Injections & Nerve Root Blocks are performed at:



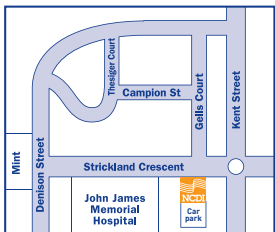
## CORINNA CHAMBERS

36-38 Corinna St,  
Woden ACT 2606  
Ph: 6214 2222



## TUGGERANONG

Suite 10a, Homeworld Centre  
Anketell Street,  
Tuggeranong ACT 2900  
Ph: 6293 2922

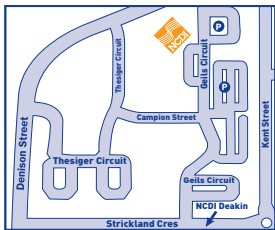


## CANBERRA SPECIALIST CENTRE

161 Strickland Crescent,  
Deakin ACT 2600  
Ph: 6124 1900



Other NCDI sites:



## GEILS COURT

39 Geils Court,  
Deakin ACT 2600  
Ph: 6122 7878

**Please bring your referral and any previous x-rays with you on the day of your examination.**



A facet joint injection is a procedure that involves an injection into a particular area in the spine. It can be used therapeutically to provide ongoing relief from pain.

# WHAT ARE FACET JOINT INJECTIONS & NERVE ROOT BLOCKS?

**Injections** into the sliding joints at the back of the spine (facet joints) or next to the nerves of the neck or lower back as they leave the spine (nerve root injection or blocks) are ways to treat neck, back and leg pain not helped by other treatments.

## PREPARATION

No preparation is needed. Please inform us if you are on medication to thin your blood (e.g., Warfarin, Aspirin).

If you are on special drugs or have diabetes and are on insulin, take your usual medicines and diet.

## PROCEDURE

You lie flat on your stomach on a CT table. The sterilised back area will be injected with local anaesthetic. Guided by CT scanning, a needle will be put into the facet joint or next to the nerve. Local

anaesthetic and cortisone (steroid) solution will be injected. This may be uncomfortable for a very short time during the injection until the local anaesthetic takes effect.

This procedure takes approximately 20-30 minutes depending on the number of joints or nerves injected.

Afterwards you may stay with us for a short time. You may then continue your usual activities or rest if you wish after a few hours.

It is best if you do not drive yourself home as you may experience some leg or arm numbness or weakness following the injection of local anaesthetic, but if unavoidable, allow 2 hours for the effect of local anaesthetic to wear off.

## HOW LONG WILL THE TREATMENT LAST?

The effect varies for different people. There may be relief for months to years, but this is a treatment, not a cure, for back problems. Some people get no benefit.

## WHAT ARE THE SIDE EFFECTS?

There may be slight soreness or bruising at the needle site. Any other problems are very rare.

You may temporarily experience some numbness in the injected area or down the affected leg. Rarely does headache occur as a side effect. You should minimise physical activity for 12 hours after the injection.

Very rarely serious side effects causing permanent neurological damage occur, which are independent of operator skill. The radiologist and your referring doctor will discuss this with you when obtaining your consent.

