



## Connecticut Pain Solutions

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### DISCHARGE INSTRUCTIONS FACET JOINT INJECTION

*Facet Joint Injections are used to decrease inflammation of the facet joints. Facet joints are the small joints of the vertebrae on the spine. The facet joint injection is both diagnostic and therapeutic. If a patient responds favorably to the facet joint injection, then this confirms a diagnosis of facet joint inflammation. A local anesthetic combined with an anti-inflammatory steroid medication is injected into the joints using x-ray guidance.*

Plan to spend a quiet day and evening after the procedure. **DO NOT** try to do things you were unable to do before the procedure.

You may experience an increase in pain or pressure for 1-2 days after the injection. You should notice a decrease in your pain in approximately 3-5 days. However, some people do not experience pain relief for 10-14 days.

You should be using a heating pad or ice pack for any increased discomfort. You may alternate between heat and ice. Be sure to leave the heating pad or ice pack on for 15 minutes each time, waiting an additional 15 minutes before using it again. **DO NOT SLEEP WITH HOT OR ICE PACKS.**

If you have any problems or questions, please call our office at (203) 626-9080. The office hours are Monday through Friday from 9:00 am to 5:00 pm.

In the event of an after-hours emergency related to your procedure, please call (203) 626-9080 and follow the instructions for contacting the on-call physician. Only emergency phone calls will be returned after-hours. Under no circumstances will prescriptions be refilled or changed.