

Lumbar Facet Joint Steroid Injection

Diagnosis: Lumbar spondylosis / Lumbar facet arthropathy

Procedure: The patient is brought to the procedure room and placed on his/her stomach. The area of the low back is uncovered. Using fluoroscopic guidance, the lumbar spine is visualized and target entry point selected. The skin overlying the injection site is then cleaned with a sterilizing solution. Local anesthetic is used to numb the injection site. Then, a needle is advanced to the facet joint space. As the needle is advanced, some patients experience an intensification of symptoms. This is not uncommon and is temporary. Once the needle is thought to be in the correct position, contrast dye is injected through the needle to confirm proper placement in the joint. Then, a combination of steroid and local anesthetic is injected into the facet joint. The needle is then removed. The low back is cleaned and sterile dressing is applied. The patient is then taken to the recovery room until discharge.

Medications used: Local anesthetic, Kenalog (steroid), contrast dye

Recovery: 15 minutes without sedation or 30 minutes after sedation

Potential risks of Lumbar Facet Joint Steroid Injection are minimal and are similar to any procedure involving a needle placement. These include, but are not limited to:

- Allergic reaction to the anesthetic or contrast dye. *Be sure to inform us before the injection if you have any known allergies*
- Bleeding
- Infection
- Temporary pain at the injection site

