

Cervical Facet Joint Steroid Injection

Diagnosis: Cervical spondylosis / Cervical facet arthropathy

Procedure: The patient is brought to the procedure room and placed on his/her stomach. Using fluoroscopic guidance, the cervical spine is visualized and target space identified. 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 cervical facet joint space. As the needle is advanced, many patients experience an intensification of symptoms in the distribution of the affected joints. 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. Then, a combination of steroid and local anesthetic is injected into the facet joint. The needle is then removed. The neck 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 Cervical 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

