

# **Cervical Facet Joint of Nerve Injections**

## **Pre and Post Procedure Instructions**

### **Pre-Procedure Information:**

1. No medications need to be held prior to the injection ... you may take your usual medications that day.
2. These procedures are usually performed in an ambulatory surgery center but can also be done in our office procedure suite. If your procedure is scheduled in the ambulatory surgery center, sedation will be administered. If it is done in our office, your physician will prescribe oral medication to help you relax during the procedure.
3. You will need to be driven to and from the procedure so make appropriate arrangements.
4. If you have any questions, ask the physician prior to your procedure.

### **Post-Injection Instructions**

1. Pay close attention to the effect numbing medicine has on your usual pain for the first 2-4 hours. If you have been provided with a pain diary, be sure to complete it with your activity level and level of pain. Make entries on an hourly basis for 4-6 hours after your procedure. Be sure to bring the diary with you to your follow-up appointment.
2. Rest at home for the remainder of the day following the injection. Don't tackle any big projects. If you do experience soreness, try an ice pack for 15-20 minutes or some of your usual pain medication such as Tylenol.
3. A follow-up appointment should have been scheduled before your procedure. If it was not scheduled, be sure to do so at the time of your procedure.
4. The day after your injection you may resume normal activities but remember not to push beyond your limits.