

Lumbar Facet Joint or Nerve Injections

Pre and Post Procedure Instructions

Pre-Procedure Instructions:

1. No medications need to be held prior to the injection ... you may take your usual medications that day.
2. If you're anxious before the injection, ask your doctor for medicine to help you relax.
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.