

Lumbar Facet Joint Injections

A guide for patients

What are facet joints?

The facet joints are paired joints lined by cartilage toward the back of the spinal column that provide a connection between the vertebral arch of one vertebra to the arch of the adjacent vertebra. They are also known as zygapophyseal joints. There are two facet joints in each spinal segment and each have dual innervation being supplied by 2 medial branch nerves. Each facet joint contains a joint space that can accommodate 1-1.5mL of fluid, hyaline cartilage surfaces, synovial membrane and a fibrous capsule.

Can facet joints cause pain?

All joints undergo degenerative changes with wear and tear of age. This is especially true for the facet joints in the spine (known as facet joint arthropathy). Facet joint pain often presents as a dull ache across the lower back. The pain can also be referred to other parts of your body (ie head, shoulders, arms).

When is a lumbar facet joint injection performed?

Lumbar facet joint injections are performed to determine whether your lower back pain is originating from the facet joints itself. If the facet joints are the main source of your pain, injections with local anaesthetic and steroid can provide significant relief for a period of time. The duration of relief varies from person-to-person. We may also decide to target the medial branch which is the nerve supplying the facet joint with radiofrequency to achieve a longer lasting period of pain relief.



Before the Procedure

You will need to fast before the procedure. This means:

- No food 6 hours before
- No liquids (except water) 6 hours before. This includes coffee, tea, orange juice etc.
- You can drink water up to 2 hours before the procedure.

Take your usual medications with a small sip of water. Please contact us if you are taking any blood thinning medications, diabetes medication, pregnant, or unwell.

The Procedure

The procedure itself takes 15-30 minutes.

It is a day case, meaning no overnight stay is required. An Anaesthetist will provide sedation and monitor you during the procedure.

The procedure is performed in the operating room with fluoroscopy (X-ray) to ensure accurate needle placement. The needle is guided into the facet joint, or to the medial branch supplying the facet joint. Local anaesthetic and steroid are injected to provide pain relief.

If successful, a rhizotomy may be indicated when your pain returns which can provide a longer duration of pain relief.

After the Procedure

- You will be taken to recovery and monitored until you are ready for discharge.
- You will not be able to drive, so ensure someone can drive you home safely.
- Avoid over-exerting yourself immediately after the procedure.
- You may gradually return to your day-to-day activities.

If you develop any symptoms (fever, swelling, worsening weakness or numbness, bleeding, loss of bowel or bladder control) after the procedure or have any other concerns, please contact us, your GP, or your local Emergency Dept.

You will be reviewed by our pain nurse via telephone a few days after the procedure.



What are the risks?

No procedure is risk-free but the risks for this procedure are considered to be relatively low.

Possible risks include infection, bruising, haematoma, nerve injury and allergic reactions.

Infection is minimized with appropriate sterile and aseptic precautions.

Bleeding risk is minimized by stopping blood-thinning medications a few days prior.

If this applies to you, our pain nurse will remind you to stop your blood-thinning medications a few days prior to your procedure.

Risk of nerve injury is minimized as we use fluoroscopy to guide accurate needle placement.

Severe allergic reactions to the injectates (ie local anaesthetic, steroids) are very uncommon.

Steroids may produce side effects including stomach irritation, insomnia, mood swings, flushing, palpitations.

Patients need to be aware that the outcome of the procedure is variable between individuals and they may not receive the desired benefits. The therapeutic benefits of the procedure are transient, and repeat injections may be required.

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