



A guide to...

Facet joint/Sacroiliac joint (SIJ) Injection

Patient information

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What is a Facet Joint / Sacroiliac Joint (SIJ) injection?

It is an injection of local anaesthetic and steroid around the facet and sacroiliac joints. It is carried out under CT guidance.

Why am I having this procedure?

Injecting local anaesthetic and steroid anti-inflammatory around and in the facet /SI joints, can help decrease swelling and inflammation. This may help reduce your pain and it may also improve the movement of your back and leg.

Are there any risks?

As the CT scanner uses X-rays, the scan does involve a very small risk from the radiation involved. Your Doctor will have balanced the risk with the benefit from the injection when the scan is requested.

You may experience pain for a couple of days after the injection, this can be relieved by taking painkillers.

Please inform the CT department if you are on any blood thinning treatment.

What will happen on the day of the injection?

The radiographer who carries out the CT scan will ask you to change into a gown. The radiologist (doctor) will explain the procedure to you and offer you the chance to ask questions. You will then be asked to lie on your front on the CT table.

A CT scan of your back will be taken and the position for the needle injection marked on your back. The small of your back will be cleaned with antiseptic solution and local anaesthetic will be injected into your skin. This will sting like a bee sting. You may feel a pushing sensation as the needle is adjusted into the right place.

CT scans of the area will be done to guide the radiologist into the correct place to inject the steroid. X-ray dye may be used to help identify the correct position of the needle. You may feel pressure or discomfort as the solution of local anaesthetic and steroid is injected. The needle will then be removed, your back will be cleaned and a dressing will be applied to the area of the injection.

What happens afterwards?

We will help you get up slowly from the CT table as your back and legs may feel a bit stiff. Sometimes patients feel a little faint, dizzy or nauseous. Swinging your legs for 20 minutes helps to alleviate these symptoms.

You should see your referring doctor four to five weeks after the facet/SI joint injection.