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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

FACET JOINT INJECTIONS

Pain Management Services

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA
Telephone **01784 884488** Facsimile **01784 884017**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ
Telephone **01932 872000** Facsimile **01932 874757**
Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

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Facet Joint injections are an option but patients do best when these are combined with other treatments.

There are no direct alternatives to facet joint injections, and no other injections which do exactly the same thing. However, without facet joint injections other treatments may still be quite effective.

WHAT IF I HAVE FURTHER QUESTIONS?

Before treatment - you should ask your doctor before you sign the consent form.

After treatment (on day ward) - ask a member of staff, they will answer your questions or will contact your doctor.

After treatment (at home) - the Pain Clinic runs a help line answerphone service for non-emergency queries.

Please call **01932 723998** - calls will be returned on the following Monday or Thursday.

Urgent calls after day surgery should be directed to Accident and Emergency Department, telephone **01932 722321**, or to your own doctor.

FURTHER INFORMATION

The Pain Society provides a comprehensive web site that you may find useful at www.britishpainsociety.org

WHAT ARE FACET JOINTS?

The spine is a column of bones arranged one on top of the other. The bones are linked at the back by joints, one on each side. The joints hold the bones together and stabilize the spine but must also allow movement - bending and stretching.

The joints may become painful due to wear and tear, stress or injury, although the reason is not always clear. Pain is felt around the joints and in the surrounding area. For example, pain starting in joints of the lower back will often be felt in the buttocks and upper legs, whereas pain from the joints of the neck may be felt in the neck and into the head, arms, shoulders, or shoulder blades.

When the joints are tender and sensitive, the muscles nearby tighten to protect them and often, if it continues for some time, these also become painful.

WHAT IS THE AIM OF TREATMENT?

To inject local anaesthetic and steroid (an anti-inflammatory medication) around the joints to numb them and to reduce pain.

Although this cannot actually renew the joint, it can break the cycle of pain and muscle spasm and allow greater mobility. The aim is to aid rehabilitation.

HOW IS THE TREATMENT PERFORMED?

You will lie on your front to treat your lower back, or your side or back to treat your neck. The area will be washed with anti-septic solution to prevent infection. X ray will be used to see the bones and joints and to allow the doctor to position the needle over the correct joints.

Local anaesthetic will be injected to numb the skin. The needle is then placed over the facet joint. The local anaesthetic and steroid mix is then injected in and around the joint, or may be injected around the nerve which supplies feeling to the joint.

This will be repeated over the other painful joints.

WHAT IS THE POTENTIAL BENEFIT?

Injections do not give permanent relief from all pain, but may produce reduction of pain and stiffness for a variable length of time. This should allow improved ability to exercise, rehabilitate and maintain the benefit.

WHAT ARE THE POTENTIAL RISKS?

Immediately after the treatment, you may have some temporary numbness or weakness in your arms and legs - this will be very short lived.

Generally, you will feel stiff and sore for up to a few days after the treatment. You should take your normal pain killers regularly during this period, and maintain stretching and mobility after the first night following treatment.

Infection, nerve injury, or puncture of the lining around a nerve can rarely occur.

It is possible that you may become faint during the procedure, but you will be monitored all the time and, if you do feel unwell, treated at once.

In general, treatment is well tolerated and you will be allowed home after a short period of observation on the Day Surgery Ward. You should have a responsible adult to take you home and stay with you at home that night.

WHAT HAPPENS NEXT?

You will attend outpatients for follow up after your treatment.

Following treatment, most patients will benefit from gentle stretching exercises done regularly at home.

ARE THERE ANY ALTERNATIVES?

Back (and neck) pain is often treated most effectively with more than one treatment at the same time. Physiotherapy, exercise, painkillers, and TENS therapy are some other options.