

# Facet Joint Injection Procedure Instructions

If you have any questions or concerns about the procedure, or if you need to change your appointment date or time, please call 801-294-7246.

## BEFORE THE PROCEDURE:

- You may eat and drink as usual unless you have asked for sedation
- Discontinue all Blood thinners including High dose Aspirin as directed by Physician
- Advise physician if you have any medication allergies

## IF YOU HAVE ELECTED SEDATION:

- No food 8 hours prior to procedure, you may have water up to 3 hours prior to procedure
- You must have a driver

## AFTER THE PROCEDURE:

You may stay in the office and rest quietly until you feel well enough to leave. For some people, this is 10 minutes; for others, it can be longer.

You may experience the following conditions lasting FOUR to SIX hours:

- Numbness, tingling or weakness in your extremities
- Difficulty urinating or leaking urine
- Light-headedness caused by a drop in blood pressure.

The injected area may be numb for 24 hours, and the site may be sore for one to two days. You may get a bruise at the injection site.

**All procedures are performed at our Bountiful location**  
1551 Renaissance Towne Drive Suite 460  
Bountiful, Utah 84010