



Cliff Gronseth, M.D.  
John Tobey, M.D.  
Nina Baker, M.D.  
Vaheed Sevvom, P.A.-C

Phone: (303) 494-7773  
Fax: (303) 494-1104

**Boulder Office**

5387 Manhattan Circle  
#200  
Boulder, CO 80303

**Steamboat Office**

940 Central Park Drive  
Steamboat Springs, CO 80487

## WHAT TO EXPECT: FACET JOINT INJECTION

**PURPOSE:** In cases where the facet joint itself is the pain generator, a facet block injection can be performed to alleviate the pain. Similar to SNRB's, facet block injections are a diagnostic tool used to isolate and confirm the specific source of back, thoracic or neck pain for the patient. Additionally, facet blocks have a therapeutic effect as they numb the source of pain and soothe the inflammation for the patient.

**PROCEDURE:** This injection is performed in our procedure suite at our office.

- **Local Anesthetic Injected:**

The procedure is typically performed with the patient lying down on their stomach. (Intravenous sedation is usually not administered. Please see separate sedation sheet for more information). The skin and tissue overlying the region is numbed with a local anesthetic delivered through a small needle.

- **Needle Positioned:**

After the skin and tissues are numb, using X-Ray guidance (fluoroscopy), your doctor guides a needle close to the irritated nerves in the back or neck. The needle is inserted into the epidural space, which is the region through which spinal nerves travel.

- **Contrast Dye Injected:**

Contrast dye is injected into the space to make sure the needle is properly positioned near the irritated nerves or nerves.

- **Steroid Injected:**

A combination of an anesthetic and cortisone steroid solution is injected into the epidural space. The steroid is a potent anti-inflammatory medication that is absorbed by the inflamed nerves to decrease swelling and relieve pressure.

- **End Of Procedure:**

The needle is removed and a small bandage is applied. The patient may stay in our office until they feel comfortable to leave. The procedure takes approximately 20 minutes. Most people can drive following the procedure, with the exception of those who were sedated.

The steroid may take up to a week to take effect. Occasionally, the steroid can cause the pain to increase for 1-2 days before it improves your symptoms.

If the facet block procedure is effective in alleviating the patient's low back pain, it is often considered reasonable for the procedure to be done up to three times per year. There are very few risks associated with this technique.



Cliff Gronseth, M.D.  
John Tobey, M.D.  
Nina Baker, M.D.  
Vaheed Sevvom, P.A.-C

Phone: (303) 494-7773  
Fax: (303) 494-1104

---

**Boulder Office**  
5387 Manhattan Circle  
#200  
Boulder, CO 80303

**Steamboat Office**  
940 Central Park Drive  
Steamboat Springs, CO 80487

**Please call us with any questions or concerns at 303-494-7773**