



## Instructions after Facet Injections

We just performed cervical or lumbar facet joint injections. This procedure was designed to alleviate neck or back pain due to arthritic facet joints. We use mostly local anesthetic which is the same medication used by a dentist to numb up your mouth prior to procedures. This medication will only last between 4-6 hours. We are trying to determine how much relief you receive in these first 4-6 hours from the local anesthetic. We want to know what percentage of pain relief you obtained. The pain relief from these injections will probably be gone after 4-6 hours and in fact, we want you to perform activities that would typically reproduce your pain. If you were to receive >75% relief from these injections, you would be a candidate for a radiofrequency (RF) procedure that could potentially give you months to years' worth of relief from your neck or back pain. We also do the RF procedure in the office. We prefer you have a driver for this procedure if possible. It only takes 15-20 minutes to perform and there are no incisions.

Please don't hesitate to call with questions or concerns. Call Bella later today or tomorrow at (406) 829-5584 with your percentage of relief.

Thanks,

Lindsey Beck, M.D.