
Robert E. Scott Jr., M.D.

Spine Care * Musculoskeletal & Sports Injuries * Neurodiagnostic Testing * Pain Management

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Facet Blocks

The primary goal of this procedure is to help diagnose the cause and location of pain. If the local anesthetic in the injection relieves your pain then it suggests that the facet joints are a source of your pain. This can guide future treatment such as radio frequency Rhizotomies of the medial branch nerves that supply these joints.

Appointment Info:

DOS: _____ Appt Time: _____

Arrival Time: _____

<input type="checkbox"/> Surgical Center of San Diego 4910 Directors Pl. Ste. 100 San Diego, CA 92121 P: (858)750-4800	<input type="checkbox"/> Outpatient Surgical Center of La Jolla 4120 La Jolla Village Dr. La Jolla, CA 92037 P: (858)657-0055	<input type="checkbox"/> Sharp Outpatient Pavilion 3075 Health Center Dr. San Diego, CA 92123 P: (858)939-5105
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- Show up to the surgical center **1 hour** prior to your appointment time to fill out necessary paperwork and to get prepped for the procedure.

Sedation Type:

- IV Sedation:
 - Do not eat or drink anything **8 hours** prior to your procedure
 - You will need an adult to drive you home following the procedure.
- Local Sedation

Important: All medicines or supplements that affect bleeding time must be stopped.

- Nonsteroidal anti-inflammatory medication (NSAIDs) should be **stopped 3 days** before the day of the procedure. These medications include Motrin, Advil, Relafen, Naprosyn, ibuprofen, Alleve, Daypro, Voltaren, Lodine, Feldene, Indocin, etc.
- Aspirin or Apirin containing products must be **stopped 7 days** prior to the procedure. These include Excedrin, Coumadin, Lovenox, Ticlid, Plavix, or Aggrenox.
- If you have any questions regarding these medications, please call Dr. Scott's office.

Taking these medications prior to your injection may result in your injection being canceled. These medications may be resumed the day following the procedure. If you are taking Coumadin, you will need to consult the doctor who prescribed it for you, prior to the procedure. You will need to be off the Coumadin 4 to 5 days prior to the injection and that will need to be approved by your doctor. Once given the okay by your doctor, you can call.

Procedure:

To perform this procedure we have you lie face down on the table; we clean the area thoroughly before this procedure. We then numb the area with a local anesthetic. We use an x-ray machine to confirm proper needle positioning prior to inserting the medication. Patients usually feel some pressure as the medication is injected but they tolerate the procedure well. The entire process takes only a few minutes. The medication received is a short lasting anesthetic. It is normal for pain to return a couple of hours following the procedure. Be sure to record your pain levels on the pain diary given to you by the surgery center. This information is very useful for Dr. Scott and will help to guide further treatment for your pain.

What to Expect After Your Procedure:

This procedure is intended to identify the source of your pain. These procedures are generally well tolerated and uncomplicated, but there are the following issues that you need to be aware of.

The pain will come back within 24 hours of the procedure.

In the meantime: expect some transient, local soreness or stiffness at the injection site. This should last 1 to 2 days only. You may treat this with ice applications, Tylenol, or Dr. Scott's prescription.

Do not shower or directly moisten the injection site for **24 hours** after the procedure.

You may resume your basic home activities, unless the doctor has told you otherwise. Bed rest is not necessary, unless the doctor has told you otherwise. Exercise recommendation will vary among each individual. Please discuss this with Dr. Scott.

You may drive today if you received no sedation anesthesia during the procedure. You may not drive for **24 hours** if you received sedation anesthesia.

If you are diabetic, your blood sugars are expected to rise. Diabetics should monitor blood sugars and adjust medicines according to Dr. Scott's instruction.

If you have high blood pressure, your pressures may rise. Monitor your blood pressures and adjust medicines according to Dr. Scott's instructions.

Call Dr. Scott if you experience any of the following:

- Nausea/vomiting
- Increasing back pain with each day after the procedure
- Fever
- Increasing redness or drainage at the injection site
- Moderate or severe headache that increases with standing and is relieved with lying.
- Increasing or new leg pain, leg numbness, or leg weakness.
- Difficulty urinating

Dr. Scott's emergency pager number is (858)494-6621. Please type in your area code and number followed by the # sign.

For more info regarding these procedures go to:

<http://www.spine-health.com/treatment/injections/cervical-thoracic-and-lumbar-facet-joint-injections>

Robert E. Scott, Jr., M.D.
PAIN DIARY

Patient name: _____ DOB: _____

Procedure: _____

Injection Date: _____

Pain scale (0-10)

Before injection _____

30 minutes after _____

1 hour after _____

2 hours after _____

4 hours after _____

6 hours after _____

24 hours after _____

***** Please remember to bring this form to your next appointment with Dr. Scott. You can also send via Fascimile or Email.**

Fax: (858)277-3470

Email: robscottmd@gmail.com

*****If you have any questions between now and the time of your next appointment please call our office at (858) 277-7123 Thank you*****