

### Pain Management

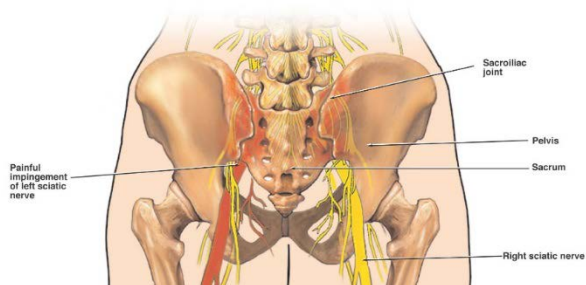
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## Sacroiliac Joint Injection

Helps with inflammation or injuries in large joints of lower back where the pelvis joins the spine.

- Pain may be in the lower back, buttocks and sometimes groin and legs.
- Patients often have history of trauma such as a fall on buttocks or motor vehicle accident.
- Pain may also begin after simple twisting motions that combine bending forward, tilting pelvis, or twisting trunk (such as golf swing, shoveling snow, or bending and reaching sideways to pick object off floor).



## How block helps

The steroid reduces the inflammation and the nerve irritation.

## We call you several days before the procedure

### We will tell you:

- Where and when to arrive.
- When to stop drinking and eating.

### Medicines and Allergies:

- We will ask for the name and dose of all medicines your child takes.
- We will ask if your child has allergies.

**Note:** You may need to stop taking some of your medicines before the procedure.

# Sacroiliac Joint Injection

## How we give the block

Takes approximately 15 to 20 minutes.

1. We start an IV and give you medicine to relax.
2. You lie on your stomach on the x-ray table.
3. We clean the skin on your back to help decrease chance of infection.
4. Your doctor injects small area of skin with numbing medicine.
5. X-ray guides your doctor during the injection.

Immediately after the injection, you will notice pain relief. This effect is usually from the local anesthetic injected and wears off in a few hours.

- Steroid starts working in about 4 to 7 days.
- Can last for several days up to 3 months.

### Please know:

#### You should **not** have this procedure if you:

1. Have allergies to any x-ray dye, seafood, Lasix or and of the medicines we may inject.
2. Are on a blood thinning medicine such as Coumadin, heparin, or Lovenox.
3. Have an active infection.
4. Have a temperature over 101 degrees..
5. Have a low platelet count.

## Risks

Generally speaking, this procedure is safe.

However, like any procedure there are risks, side effects, and the possibility of complications.

- Tenderness
- Bruising
- Bleeding at the injection site
- Muscle spasms
- Nerve damage
- Increased blood sugar, esp if you are diabetic.
- Infection
- Allergic reaction to local anesthetic or medicine

These instructions are only general guidelines. Your doctors may give you special instructions. If you have any questions or concerns, please call your doctor.