

SACROILIAC JOINT INJECTION

Frequently Asked Questions

What is the sacroiliac (SI) joint?

The SI Joint is one of the major joints of the pelvis, it is found in your low back below your waist. The joint connects the bottom of your spine to your pelvis. If injured, the tissues in the joint may become inflamed and painful.

What is the purpose of a SI Joint injection? ***A SI joint injection is used to treat pain that originates from your SI joint and/or from the muscles, tendons, or ligaments around the joint. It is also used as a diagnostic tool to determine if the source of the pain is the SI Joint.***

How long does the procedure take? ***The actual injection takes only 15-20 minutes ; however the total time you are at the hospital or other facility can be 3-5 hours***

What is actually injected? ***The local anesthetic numbs the joint and also numbs and relaxes the muscles around the joint, which can result in sustained pain relief.***

Will the injection hurt? ***You may experience bruising or tenderness at the injection site(s) and your pain may increase for a day or two after the procedure.***

Will I be sedated for this procedure? ***Yes. This procedure is done under local anesthesia. Most of the patients also receive other medications which make the procedure easier to tolerate. The amount of sedation given generally depends upon patient tolerance.***

How is the injection performed? ***You will be placed face down and your low back will be cleansed with an antiseptic. The area will be numbed before the injection is performed. Your doctor will use fluoroscopy (x-ray) to place the needle into the SI Joint and inject the medication.***

What should I expect after the injection? ***The numbing may make your legs feel temporarily weak or numb. Once the local anesthetic has worn off, typically after several hours, your pain may return. After about 24-36 hours, the steroid will work to reduce inflammation and you may notice a decrease in pain.***

What should I do after the procedure? ***You will need a ride home. We advise the patients to take it easy for a day or so after the procedure. Perform activities as tolerated. Make sure to take note of how much pain relief you have and how long it lasts. If you are diabetic, follow your blood sugars carefully for a few days as steroids cause blood sugar levels to rise.***

Can I go to work the next day? ***You can return to work within a few days as tolerated.***

How long will the effect of the medication last? ***Pain relief varies in patients but can range from days to weeks to months.***

What are the risks and side effects? ***As with any procedure there are risks, side effects, and possibility of complications. You may notice a small amount of bleeding or swelling at the site but this is normal. The most common side effect is pain-which is temporary. For other risks please speak with a nurse in the office.***

Note: This procedure cannot be performed if you have an active infection, flu, cold, fever, or very high blood pressure. Please make us aware of these conditions.

We hope this information helps.