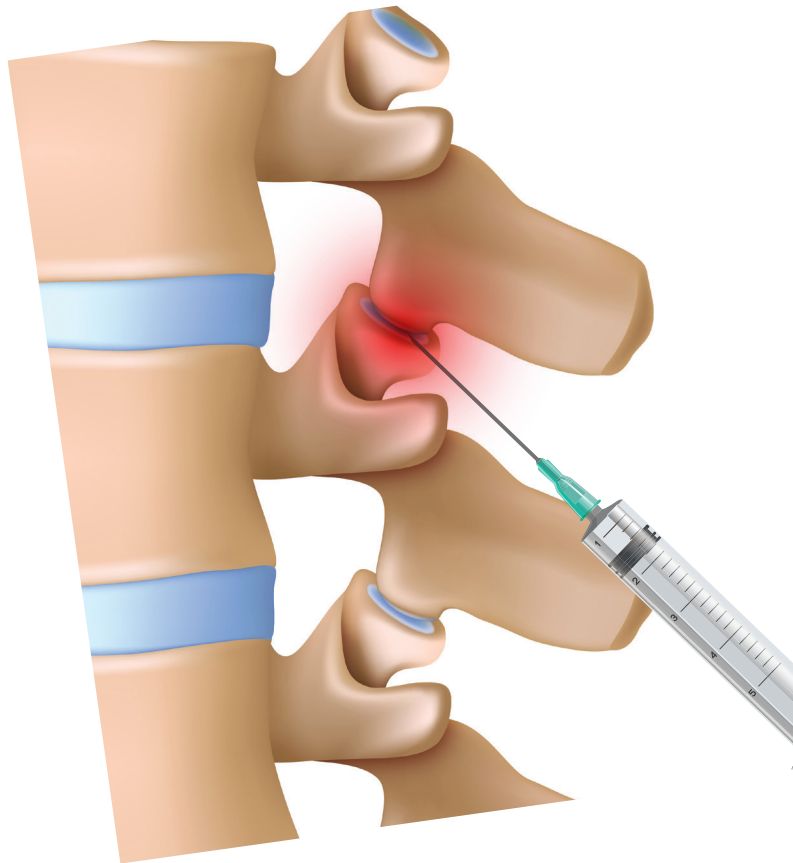


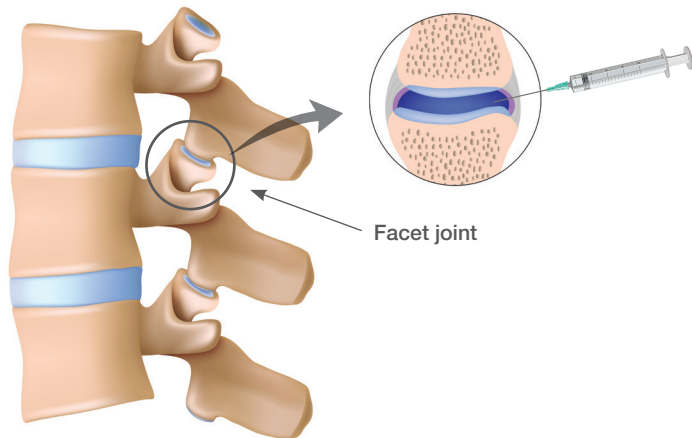
Facet Joint Injection



The Department of Radiology provides a comprehensive range of imaging services, both diagnostic and image-guided interventional procedures to diagnose and treat many medical conditions. Using advanced imaging equipment, our qualified and experienced radiologists and radiographers perform a variety of examinations, from basic X-rays to more complex MRI and CT scans.

What is Facet Joint Injection?

Facet joints are small joints at each segment of the spine that provide stability and help to guide motion. Facet joints (cervical, thoracic or lumbar) can become painful due to arthritis, back injury, or mechanical stress.



A facet joint injection delivers a steroid medication to block out pain to help a patient tolerate physical therapy better during rehabilitation of his or her back injury.

What can I expect?

- You will need to change into a hospital patient gown.
- Lying on a couch (facing up or down), a radiographer will position you for the scan.
- It is important to stay still once you are positioned.
- You will be given local anaesthesia.
- A physician makes use of X-ray guidance (fluoroscopy) to direct a very small needle into the facet joint. Like all spinal injections, facet joint injections are best performed using fluoroscopy (live X-ray) to properly guide and place the needle, and to avoid nerve injury or other injury.

- A small amount of contrast dye is injected to confirm that the needle is in the joint and that medication is contained inside the joint.
- Following this, a small mixture of anaesthetic (such as lidocaine) and anti-inflammatory medication (steroid/cortisone) is slowly injected into the joint.
- The immediate effect of the medications is usually from the time the local anaesthetic is injected. This wears off in a few hours. The steroid medication starts working in about 2 to 7 days and its effect lasts from several days to a few months.
- This procedure is generally safe. However, complications like infection, bleeding and worsening of symptoms may arise. Other complications include side effects from steroids, namely, weight gain, increase in blood sugar (in diabetics), water retention, suppression of body's own natural production of cortisone, etc. Fortunately, such side effects are uncommon.

How long is the procedure?

- The injection takes a few minutes, but the whole procedure lasts between thirty minutes to one hour.

How should I prepare?

- You will need to fast for 2 hours before the procedure.
- Avoid doing any strenuous activities.
- Avoid driving.



- Medical conditions like diabetes, hypertension or anticoagulant (blood thinning) therapy. will need to be managed before the procedure is performed.
- You may continue to take your regular pain medication after the procedure.
- You should be able to continue with the activities you normally do.

Important points to note

- Please inform the radiographer if you suspect you may be pregnant.
- Please be punctual. Any delay will affect the schedule of other patients, and your appointment may need to be rescheduled.
- Please contact the Radiology department at 6716 2184/6716 2001 if you cannot keep the appointment.

Appointment

Name:

Age:

Sex:

Examination:

Fee (estimated):

Appointment Date:

Appointment Time:

Referring SOC:

Venue: Radiology Department (Tower B), Ng Teng Fong General Hospital

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606
General enquiries: 6716 2000 Fax: 6716 4500
www.juronghealth.com.sg

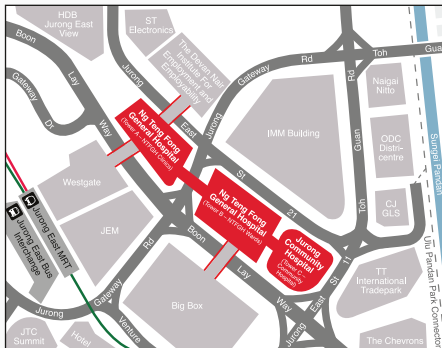
Clinic opening hours

Monday – Friday 8.00am – 5.30pm,
Saturday 8.00am – 12.30pm
Dental clinic: Monday – Thursday
8.00am – 5.30pm, Friday 8.00am – 5.00pm

Appointments

Appointment line: 6716 2222 (Monday – Friday
8.00am – 5.30pm, Saturday 8.00am – 12.30pm)
Dental appointment line: 6716 2233
(Monday – Thursday 8.00am – 5.30pm,
Friday 8.00am – 5.00pm)

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79,
79A, 97, 97E, 98, 98M, 105, 143, 143M,
160, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

99, Private bus service 625, 990

Jurong Medical Centre

60 Jurong West Central 3,
Singapore 648346
General enquiries: 6551 7888 Fax: 6551 7880
www.jmc.com.sg

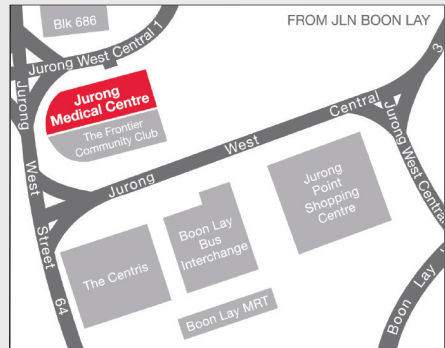
Clinic opening hours

Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm
Dental clinic: Monday - Friday 8.00am - 5.30pm

Appointments

Appointment line: 6551 7828 (Monday - Friday
8.00am - 5.30pm, Saturday 8.00am - 12.30pm)
Dental appointment line: 6551 7700
(Monday - Friday 8.00am - 5.30pm)

Getting there



By train

Boon Lay MRT station

By bus

30, 79, 154, 157, 172, 174, 178, 179,
180, 181, 182, 187, 192, 193, 194, 198,
199, 240, 241, 242, 243 W/G, 246, 249,
251, 252, 254, 255, 257, 405

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

