

How does it work?

The painful region of your back will be identified with your assistance. Then, after your skin is numbed with local anesthetic fluoroscopic (X- ray) guidance, is used to place a needle to the facet joint. A local anesthetic is then injected. If this relieves your pain, it is likely that we have found your pain generator.



Immediately after the procedure, you are encouraged to try to reproduce your pain by performing activities that are usually painful. We will ask you to perform this test every 15 minutes and to chart this information in a diary. We will show you how to keep this diary.



This information will be used to either confirm the location of the pain generator or to guide the next mapping session. The location of your residual pain will guide further mapping sessions.

Are there any risks?

As with any procedure, there are risks, side effects, and the possibility of complications. With any injection through the skin, there is a possibility of infection. This is minimized by the use of sterile technique for the procedure. Whenever needles are placed through the skin and soft tissues, this will cause soreness. Blood vessels and other nerves near the facet joint can also be damaged. It is rare that complications occur since the needle is positioned by a trained provider using X-ray guidance.

When should I return to the office?

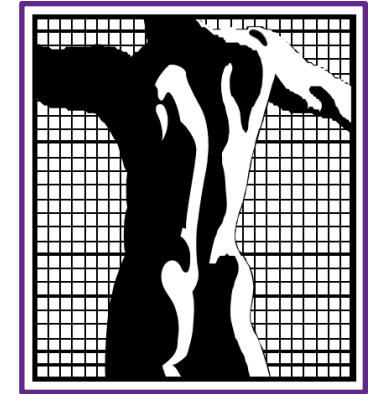
You should make an appointment for a follow-up about two weeks after the procedure. You should notify the office if you have unusual problems or concerns, such as fever, bleeding, new severe pain, prolonged numbness or swelling at the injection site.



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Spinal Facet Mapping (Lumbar Mapping)



What you should know about your procedure

**Pain management is a *process*.
Your treatment is tailored to your special needs.**

Spinal facet (or lumbar) mapping is a diagnostic procedure that allows a doctor to determine the source of a patient's pain. This brochure explains the procedure, why it works, how you can prepare, and how you can expect to feel after the procedure.

**ADVANCED DIAGNOSTIC
PAIN TREATMENT CENTERS**

What is facet mapping?

The facet joints of the spine are paired structures from the base of your spine to the waist level.

There are 24 pairs!

Facet mapping is a diagnostic procedure that confirms and identifies the specific facet level that generates your pain.



The amount of pain relief you experience immediately after the facet injection and lasting up to two hours afterwards will help to narrow down the location of this pain generator.

Will the procedure hurt?

This procedure is done under local anesthesia. A local anesthetic, such as lidocaine, is first injected into the tissue to numb the area, much like the injection you get before a dental procedure. This is usually felt as a tiny bee sting before numbness sets in.

How long does the pain relief last?

Since the facet mapping is a diagnostic procedure, once the local anesthetic that is injected into the facet joint wears off, your pain will return. Rarely people obtain longer lasting relief from the small amount of cortisone that is injected along with the local anesthetic.

How should I prepare for my procedure?

- You should not have anything to eat or drink after midnight before the procedure if you are scheduled before noon. A light, low-fat breakfast is OK if you are scheduled for the afternoon.
- You should have no aspirin products, platelet inhibitors or blood thinners for five days before the procedure. This includes Ibuprofen (Motrin, Advil, etc.) These products increase bleeding time and could cause excessive bleeding during the procedure.
- Take your other medication as regularly scheduled. If you are diabetic, do not take your morning insulin if you will be fasting.
- Although you may drive yourself to and from the procedure, bringing a friend is encouraged.



What should I expect after the procedure?

- You can expect some muscle soreness after the procedure. Ice packs can be used, 15 minutes on, 15 minutes off to relieve this.
- You should continue to take your prescribed medications as directed by your doctor.

Any restrictions after my procedure?

You can then resume your normal activity as tolerated and should be able to return to work as soon as the procedure is complete.

