

SACROILIAC JOINT INJECTION

is an outpatient procedure for diagnosing and treating lower back and buttock pain. This information has been provided by your provider so you can better understand this procedure.

Your provider will make the best recommendation for your specific needs.

This pamphlet is for general education only. Specific questions or concerns should always be directed to your provider. Your provider can explain possible risks or side effects.



 2841 Lomita Blvd, Ste 205
Torrance, CA 90505
 Tel (424) 254-3592
 Fax (424) 254-3593
 munishlalmd@gmail.com

 www.munishlalmd.com

SACROILIAC JOINT INJECTION

For Lower Back, Buttock Pain



PATIENT EDUCATION SERIES
MINIMALLY INVASIVE SPINE PROCEDURES

SACROILIAC JOINT INJECTION

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What are sacroiliac joints?

Sacroiliac joints (SI) connect your spine to your hip bone. You have two SI joints. One is found on each side of the sacrum.

Sacroiliac joints help control your pelvis when you move. They help transfer forces from your lower body to your upper body. Each sacroiliac joint has several ligaments to help strengthen it

What is sacroiliac joint pain?

You may feel pain if a sacroiliac joint is injured. At times it may feel like simple muscle tension, but at other times the pain can be severe.

You usually feel sacroiliac joint pain in an area from your low back down to your buttocks. But sometimes, if a joint is very inflamed, pain may even extend down the back of the leg.

How is a sacroiliac joint injection performed?

During this procedure, a local anesthetic (numbing medicine) and corticosteroid (anti inflammatory medicine) are injected into one or both of your sacroiliac joints or into the ligaments surrounding the joints.

Fluoroscopy, a type of x-ray, may be used to ensure the safe and proper position of the needle. A dye may also be injected to help make sure the needle is at the correct spot. Once the doctor is sure the needle is correctly placed, the medicine will be injected.

What happens after an injection?

You will be monitored for up to 30 minutes after the injection. Before you leave, you will be given discharge instructions. Keeping track of your pain helps the doctor know what the next steps will be.

You may want to check for pain by moving your back in ways that hurt before the injection, but do not overdo it. You may feel immediate pain relief and numbness in your back for up to six hours after the injection. This means the medication has reached the right spot.

Your pain may return after this short pain-free period, or may even be a little worse for a day or two. This is normal. It may be caused by needle irritation or by the corticosteroid itself. Corticosteroids usually take two or three days to start working but can take as long as a week.

You should be able to return to work the day after the injection, but always check with your doctor.

The amount and duration of pain relief varies from person to person and is dependent on many factors including underlying pathology and activity level. Some can have relief that lasts for years, while others have short-term relief.

What are the risks and potential side effects of this procedure?

Most side effects with sacroiliac joint injections are rare but can happen. As with any injection, there is a slight risk of bleeding and infection at the insertion site. Temporary discomfort at the injection site is common. Some experience weakness or numbness. In a small percentage of patients, this procedure may increase pain. Should this uncommon side effect occur, call our office immediately.

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