



## **Sacroiliac Joint Injections**

### **What is it?**

A sacroiliac joint injection is an injection of an anesthetic with a long lasting steroid in the Sacroiliac joints. The sacroiliac joints are located in the back where the lumbosacral spine joins the pelvis.

### **How does it work?**

The steroid injected reduces the inflammation in the joint space. This can reduce pain, and other symptoms caused by inflammation.

### **How is it done?**

The actual injection takes only a minute or so. You will be given medicine to numb your skin before the injection is to take place. The steroid medicine is used to decrease soreness in the SI joint area (low back/buttocks/hip).

### **Will I feel better?**

Immediately after the injection, you may feel that your pain may be gone or quite less. This is due to the local anesthetic injected. This will last for a few hours. Your pain may return and you may have a sore back for a day or two. You may start noticing pain relief starting the 3<sup>rd</sup> to 5<sup>th</sup> day. We advise patients to take it easy for the day of the procedure. You may want to apply ice to the affected area. After the first day, you can perform activity as tolerated.

### ***PainCARE, P.A.***

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