



After your procedure

Sacroiliac Joint injection

This information sheet provides some general advice on what to expect after your procedure. If you have had sedation for your procedure there are a few things you must not do for up to 24 hours.

1. Drive a vehicle
2. Drink Alcohol or smoke cigarettes
3. Make important decisions eg signing legal documents
4. Operate heavy machinery
5. Engage in strenuous activity

Please follow any additional information from the operating department staff.

What to expect/do:

- Once the local anaesthetic has worn off the sites where the needles were inserted may be uncomfortable in the first few days. This usually responds to simple pain killers like Paracetamol or the anti inflammatories (if you're ok to take them) like Ibuprofen.
- Within the first few weeks stiffness, bruising or just feeling tender is common and the same pain killers, cold or heat packs can help.
- This procedure does not provide immediate effect and you should monitor your pain for signs of improvement over the next few weeks. In particular if steroid is administered it can take a few weeks to take effect
- It is unusual for the procedure benefit to last much more than 3 months
- The rooms will be in contact for a follow up appointment, usually between 2-4 weeks post procedure. This injection may be repeated depending on the results, but usually this procedure will guide whether to head to the longer lasting radiofrequency neurotomy procedure. Your doctor will discuss this with you at the next appointment.
- Proceed to your normal activity when you feel ready to do so. Your doctor may specify some adjustments if required.

For any questions/concerns please contact the rooms at the contact details below.

If there are any signs of being generally unwell such as a fever or if the pain seems extremely severe then seek medical assistance straightaway through the rooms, your G.P. or out of hours please attend your nearest Emergency Department.