

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?

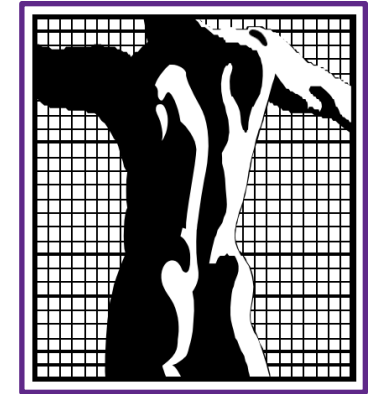
As with any procedure, there are risks, side effects, and the possibility of complications. With any injection through the skin, there is a possibility of infection. This is minimized by the use of sterile technique for the procedure. Whenever needles are placed through the skin and soft tissues, this 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.



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.



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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.



Instructions for Patients After Mapping Procedures

You have just undergone a mapping procedure in order to identify the source of your pain. Only after the source has been identified can definitive treatment begin.

Mapped structures are the joint of the spine: Facet and sacroiliac joints.

Immediately after your procedure and for the following two hours, you will need to try to reproduce your pain by engaging in activities that are usually painful for you. This is important because the numbing medication (local anesthetic) is only active for 1-2 hours after the injection. Concentrate on your neck or back pain and disregard pain that radiates to your arms or legs. This mapping is used to identify only spine-related pain.

Identifying the source of your pain is not as simple as ordering an MRI or CAT scan and saying, "Aha, here is your pain!" You and I are partners in the search for the pain generator. In order for you to help me find the source of your pain, I ask that you fill out your two-hour pain diary in a very special and specific way: You will notice on your pain diary that there is a column for "time." The time increments are every 15 minutes.

The second column is "percent pain relief." I would ask you to fill in the amount of pain that has been reduced by the injection, compared to when you first came in for the procedure. Try to express this pain reduction as a percentage. For example, if half of your pain has been taken away by the procedure, then you have a 50% pain reduction. If three-quarters of your pain is gone, then 75% is the reduction, and so on and so forth.

The third column is for the location of the residual pain. The band aids on your back are reference points. If there is pain after the mapping injection we want to note where the pain is in relation to the band aids. By filling in your pain diary in this manner, we will be able to decide whether we have found the pain generator or whether the pain generator is above or below the level of your injections.

Please take a picture of the completed diary with your phone and email it to me at the following address:

dligham@ihurt.com

Please do not hesitate to ask if you do not understand these instructions.

Thank you,
Dwight Ligham, M.D.



PAIN DIARY

Time	% Relief	Location of residual pain	

Patient Name: _____

Date: _____

Levels: _____