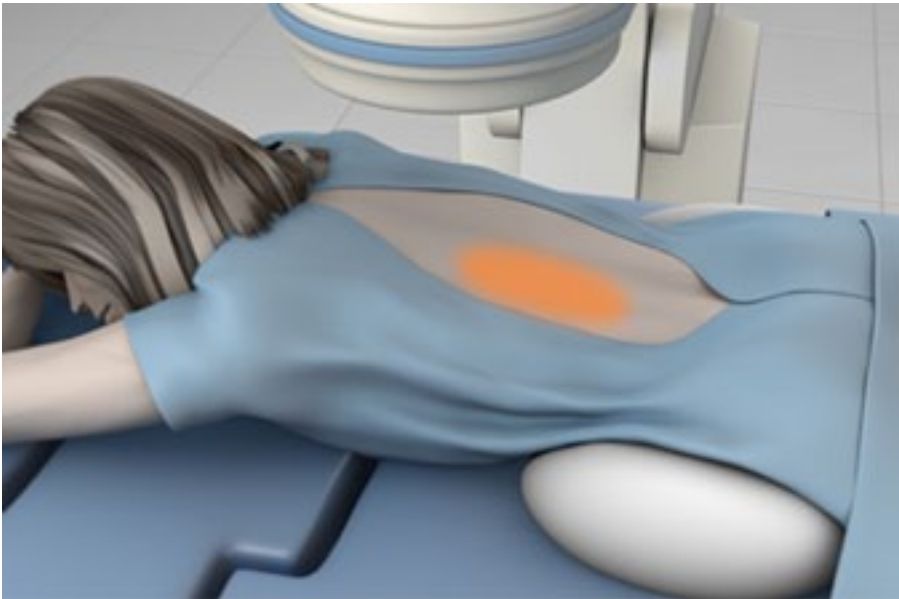


## Costovertebral Joint Injection



### Overview

This outpatient procedure is an injection of pain-relieving medication into one or more costovertebral joints. These are the joints that form the connections between the ribs and the vertebrae.

### Preparation

In preparation for the procedure, the patient lies on a table beneath an x-ray device called a fluoroscope. The patient may be given a medication to aid relaxation. The skin of the back is cleansed and sanitized. Local anesthetic is administered to numb the injection site.

### Diagnostic Injection

The physician may perform a diagnostic injection to identify the joint that is the source of the patient's pain. To do this, the physician carefully guides a needle into the target joint. The physician injects contrast dye into the joint and uses the fluoroscope to confirm that the needle is positioned correctly. Then, the physician injects a small amount of anesthetic into the joint. If the injection provides relief, the physician knows that this joint is a likely source of pain.

### Pain Relief Injection

Now that the painful joint has been identified, the physician injects a mixture of anesthetic and steroid medication. This medication bathes the joint. It will reduce inflammation and provide long-lasting relief. In some cases, more than one costovertebral joint requires an injection.

### End of Procedure

When the procedure is complete, the needle is removed. The injection site may be covered with a small bandage. Extended pain relief usually begins within two to five days of the injection.

