

# Cardiff Spinal Clinic

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## **Manipulation and Injection of Coccyx:**

Pain from the coccyx relates to inflammation between the sacrum and coccyx. If anti-inflammatory medication, physiotherapy or chiropractic treatment hasn't helped and the use of a coccyx cushion has not been effective then an injection into the sacro-coccygeal joint can be made. This is done under general anaesthetic as a day case procedure.

**Before the procedure:** it is usually done as an out-patient treatment under local anaesthetic, although sometimes sedation can be used. If you take blood thinning medication, please let my secretary know as I will need to know as well as the radiologist if it is done by them. We will need to work out, depending on which medication you take, with regards to how many days it needs to be stopped before the injection can be performed

You will need to be starved from food for six hours but are allowed clear fluid, ie water, up to two hours before.

**During the procedure:** the procedure is done under general anaesthetic therefore you would be taken to the main theatre and the anaesthetist will give you an anaesthetic. You will be laying on your right side when you are asleep and the area of skin cleaned and using x-ray, a needle will be placed through the skin and into the sacro-coccygeal joint and local anaesthetic and steroid injected.

You will wake up in recovery before being transferred back to the ward.

**After the procedure:** you may feel an area of soreness around where the injection has gone in. The steroid will not start to work for the first twenty-four hours. The nurses on the ward will make sure that you are safe to go home, and they will organise an out-patient appointment for you one month following the procedure.

The risks to this procedure include infection, haematoma, nerve injury, leakage of spinal fluid. These risks are well below 1%.