



## MEET DR. MICHAEL DRELLES

When it comes to fighting pain, be sure to get the best on your team. With more than a decade of experience in pain management, Michael Drelles, D.O. joins Straith Hospital as the Medical Director of the Straith Interventional Pain Center.

Dr. Drelles has more than 14 years of experience and believes that with a thorough evaluation and a proper diagnosis, an effective and individualized treatment plan can be created.

Are you ready to enjoy a better quality of life? Put your trust in someone with expertise and experience. Put your trust in Dr. Michael Drelles.

## WHY INTERVENTIONAL THERAPY?

A variety of interventional procedures can be used to treat a range of pain conditions from chronic low back pain to migraine headaches. Dr. Drelles is skilled in determining the most appropriate interventional procedure for each patient and administering that procedure to achieve the greatest possible pain relief.

## CONTACT US

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## SACROILIAC JOINT INJECTION

 **StraithHOSPITAL**  
Interventional Pain Center

## WHAT IS SACROILIAC JOINT INJECTION?

A sacroiliac joint injection places anti-inflammatory medication (steroid) into the SI joint, which connects the pelvic bone to your spine. The steroid is used to reduce inflammation that can be caused by disease, deterioration or injury of the SI (sacroiliac) joint. Pain in your low back, groin or leg may reduce after the injection.

## THERAPEUTIC OR DIAGNOSTIC?

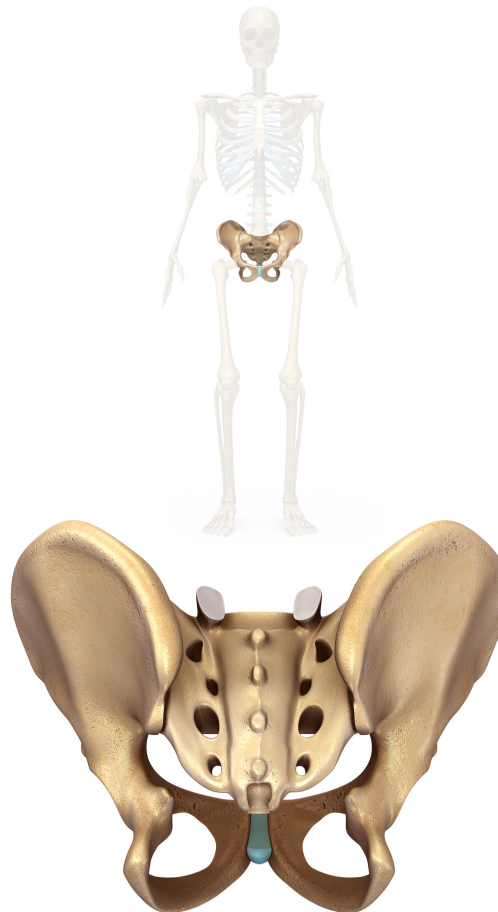
Depending on the evaluation of your pain, a sacroiliac joint injection may be performed either therapeutically or diagnostically.

**Therapeutic:** A steroid medication is injected into the SI to help relieve and control your pain.

**Diagnostic:** An anesthetic (numbing) medication is injected into the SI to help diagnose what is causing your pain.

## WHERE IS THE SACROILIAC JOINT?

The sacroiliac joints are the largest joints in your body. They are located in the lower spine above the tailbone, positioned on either side of your spine. The SI joints provide support to your upper body as you walk or stand. It also transitions that support to your lower body.



## GENERAL PRE-OP INSTRUCTIONS

- Please arrive at Straith Hospital 1 hour prior to your scheduled time if you are having sedation OR 30 minutes prior if you are having no sedation.
- Blood thinning medications (Plavix, Coumadin, Eliquis) are usually stopped before your procedure. Please follow the instructions from your doctor.
- You may take your usual prescribed medication with a sip of water unless otherwise instructed.
- If you are having sedation, a responsible adult is to drive you and must remain at Straith Hospital for the duration of your procedure.
- Sedation patients must NOT have anything to eat or drink 8-10 hours prior to their arrival time.
- You may only have clear liquids (water, black coffee with no cream or sugar, tea) 4 hours prior to arrival time.

## WHAT TO EXPECT AFTER THE PROCEDURE

- The steroid medication will take at least 3-5 days to work.
- You may have a temporary increase in pain and/or soreness at the needle site. Ice can be applied to help relieve this pain.
- It may take up to 7 days before you begin to feel pain relief.
- You may return to your normal activities unless otherwise directed upon discharge.
- You may also resume any medication after the procedure.
- You are allowed to shower post procedure, but no submerging in water for 24 hours.
- If the pain becomes severe or if you experience severe numbness, fevers, or changes in mental status, call the clinic immediately.