

Patient Guidelines

MEDIAL BRANCH BLOCKS (Blocks of the Nerves to the Facet Joints)

Should I limit my activity or change my diet after the injection?

No. Unless your doctor tells you otherwise, you may return to your usual activities and resume your normal diet immediately after the injection.

Are there any side effects caused by a medial branch block?

Side effects are uncommon following a medial branch block.

- Immediately after the injection, you may feel that your pain is gone or is much less. This pain relief is often from the local anesthetic and will usually only last a few hours, followed by return of your usual pain.
- You may experience mild pain at the site of injection for several days. You may also experience a temporary increase in your usual pain after the injection. You can apply ice to the area for as long as 15 minutes, 3 – 4 times a day for localized pain.
- You may experience some dizziness during or soon after the injection.

Are there any restrictions after a medial branch block?

Yes. You should follow these restrictions:

- Do not drive for the remainder of the day
- Do not take a tub bath or soak in water (i.e. pool, hot tub) for 24 hours after the procedure
- Please allow 3 days post procedure before resuming physical therapy

What are the medications used for a medial branch block?

- Lidocaine or bupivacaine are local anesthetics which are used to numb the area of injection; this numbness usually wears off within 2 - 6 hours.

When should I call my doctor?

You should call us immediately if any of the following occur:

- If you experience any swelling, redness, bleeding or discharge from the site of the injection
- If you have a fever greater than 100 degrees Fahrenheit
- If you experience new or worsening back or neck pain
- If you experience a new numbness or weakness in your arms or legs
- If you have new difficulty with urination after the injection, like difficulty urinating or suddenly losing control of your bladder
- If you have new difficulty with your bowel movements after the injection, like suddenly losing control of your bowels



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How can I reach a nurse or doctor from the Center?

To reach a nurse, please call 949-824-7246 and leave a message on the nursing line. Your call will be returned within 12 business hours.

There is a doctor on call 24 hours a day, 7 days a week for Urgent Issues, who can be reached as follows:

- DURING OFFICE HOURS (Monday thru Friday, 8:00 a.m. to 4:00 p.m.), please call 949-824-7246 and leave a message for the physician on the nurses' line
- AFTER HOURS AND ON WEEKENDS, please call 714-456-7890 and ask the hospital operator to page the physician on call for the Chronic Pain Service Pager 3386