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POST OPERATIVE INSTRUCTIONS FOR MEDIAL BRANCH NERVE BLOCK FACET JOINT INJECTIONS

**Please pay close attention to the following
information/instructions:**

- 1. You have undergone a medial branch block procedure. This procedure is a diagnostic injection to test whether or not the facet joints along the spine are a source of your pain.**
- 2. For the next 4-6 hours, your facet joints that were injected should be numb. During this time, please perform a few activities that normally cause your typical pain symptoms.**
- 3. Please complete the 24-hour pain diary that you were given so that we can determine whether or not you had relief of your typical pain during the 4-6 hours following the procedure.**
- 4. Your medial branch block may need to be repeated twice to confirm results. We will discuss this option with you in detail based on your specific situation.**
- 5. In general, if your typical pain is reduced by >50%, then you are a candidate for a radiofrequency ablation. Radiofrequency ablation is a procedure that heats the medial branch nerves that supply the facet joints. By heating the individual nerves to each joint, you have the potential to experience long-term (6 months-2 years) pain relief in these joints.**
- 6. Please remember that your medial branch block is only a test, and your regular pain usually returns within 24 hours.**
- 7. Although complications from this procedure are extremely rare, if you**

are having excessive pain, redness at the needle sites, or any other signs of infections, please contact our office.