

**Discharge Instructions Following a Medial Branch Block**

The purpose of the Medial Branch Block is to block the pain signal from going to your brain alerting you that your back or neck hurt. The medial branch is a small branch of the main nerve that carries the pain signal from a painful joint to your brain.

**Instructions:**

1. **This is a temporary numbing agent:** The agent is active for 2-4 hours. It is important to log the percentage of relief you are experiencing and the duration of time the relief lasts. Dr. Beechers office will call you the following business day to ask you the relief you experienced.
2. **Do not go home and go directly to sleep:** It is important to do activities that may have caused slight discomfort to see if your blocks are effective. While the numbing agent is active do not overdo or complete any strenuous activity that may cause more pain when the numbing agent wears off. The next day you may resume your normal activities as you are able.
3. **Keep the injection site clean and dry:** You may shower, but not submerge injection site for 48 hours.
4. **Use an ice pack for the first day.** Alternate 20 minutes on and an hour off.  **DO NOT USE HEAT** during the first 48 hours.
5. **You may have pain at the injection site**: Some pain is normal, and it should decrease while the numbing agent is active.

**Common side effects:**

1. It is typical to experience soreness at the injection site.

**If you have any questions or concerns, please call:**

**Dr. Beecher 435.613.7246**

**Notify MD or nurse if you have.**

* Increased severe pain
* Skin redness or swelling at injection site
* Hives or itching
* Excessive bleeding
* Temperature greater than 102
* Loss of bowel or bladder function

**After completing 2 successful Medial Branch Blocks you will be able to move forward with the Radio Frequency Neurotomy.**