

Fredericksburg Orthopaedic Associates, PC

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Post Medial Branch Block Procedure Instructions

Today you received a diagnostic injection to determine if the pain you are having is originating from the joints in your spine. You have been given a long-acting local anesthetic agent which blocks pain perception.

Please observe the following:

- 1) Do not drive or operate machinery for the next 12 hours
- 2) Do not engage in strenuous activity for 24 hours
- 3) You may resume your usual diet
- 4) Keep your band-aid dressing clean and dry for 24 hours (no shower or tub bath for 24 hours)
- 5) You may experience soreness at the injection site(s)-this is normal for the next 2-3 days and you may apply an ice pack (20 minutes on and 20 minutes off)-do not use heat for the next 24 hours
- 6) You may resume all of your usual medications to include prescription and over-the-counter medications-please refrain from taking any pain medication for the next three hours as this will make it difficult to tell if the pain relief you experience is as a result of the injection or the medication
- 7) **IMPORTANT:** Please contact our office the following business day to report the percentage of pain relief you received one hour, two hours and three hours following your injection. This information will assist in determining the effectiveness of your injection as well as the next steps for your treatment. When reporting your percentage of pain relief please note the following: 0% means you received no pain relief, 100% means all of your typical pain in the treated area went away. Again, this is not meant to be a long-term treatment and is for diagnostic purposes only.

Call our office immediately or go to the nearest Emergency Room if you develop any of the following:

- 1) Any *new, unrelieved* pain
- 2) Any *new* or increased numbness, weakness or tingling in the extremities
- 3) Any signs of infection such as redness, fever, swelling, chills or drainage at the injection site(s)
- 4) A severe headache that does not subside with usual measures
- 5) Loss of control of your bladder or bowels
- 6) Any other problem you feel may be related to this procedure

****You may contact our office at 540-374-3233 Monday-Friday from 8:00am-4:30pm****

If you would like to have access to our FollowMyHealth patient portal where you can send messages directly to your provider, the nursing staff, the reception staff to make or cancel appointments or to our insurance representative, please complete a portal request form at the front desk in our office or send us a message through the "contact us" form on our website at www.visarelievespain.com. We will need your name, date of birth and email where you would like the portal invitation sent.