

Coastal Pain & Spine Center

Medial Branch DIAGNOSTIC Nerve Block

Post Procedure Instructions and Information:

Today's procedure was intended to be diagnostic/test only. The local anesthetic given helps with your chronic pain and generally lasts for 6-12 hours. If your usual chronic pain returns tomorrow that is normal and expected. On some occasions pain relief can be long lasting, but is not the norm.

After any sedation has worn off, if given, complete or participate in physical activities that generally cause discomfort. Ideally you will find notably decreased pain while the test block is in effect for 6-12 hours. The block helps us learn what is causing your pain to see if the radiofrequency ablation, "burning," of the nerve completed at a future appointment will provide the desired long lasting relief. If this is your first diagnostic/test block, health insurance companies require us to repeat the test a second time before the radiofrequency ablation.

Do NOT submerge in water for 24 hours. Use a washcloth with soap and water or take a quick shower to remove any cleaning solution (Iodine, Hibiclens, or Alcohol) used during today's procedure. This will decrease any skin irritation or itching that may occur.

It can be common to have soreness, tenderness, or stiffness at the injection site. This can be normal procedure related discomfort and generally subsides in 24-72 hours. Application of ice for ~15 minutes can decrease any procedure related discomfort. Do not apply ice directly on the skin. The following day, application of a heat pad and gentle stretching can further aid in procedure related pain relief. Unless noted by the physician. It is ok to return to work and normal activities tomorrow.

Signs and symptoms that are NOT normal:

1. High fevers
2. New weakness or numbness that is worsening
3. Inability to control arms or legs
4. Loss of bowel or bladder control
5. Difficulty breathing or speaking
6. Confusion or seizures
7. Increasing redness, drainage, or symptoms of infection at needle entry site

If this should occur you should go to emergency department immediately and notify our clinic

*Thank you for allowing Coastal Pain & Spine Center to care for you!
(843)-757-6744*