

## About Your Medial Branch Block Procedure

### After the procedure

You may stay in the area and rest quietly until you feel well enough to leave. For some people, this is 20 minutes; for others, it can be longer.

The injected area may be numb for one hour or more, and the site may be sore for 1 to 2 days. A bruise may appear at the injection site.

### Care following the procedure

You can resume your usual diet, medications, and physical activities, including those that usually cause pain.

You should:

\*Continue to follow the medical plan you have discussed with your health care provider, such as medications, physical therapy or exercise, and any previous restrictions on your activity. You may also resume taking diabetes medications.

\*You may shower, but do not use a bathtub, hot tub or whirlpool for two days.

You may have mild discomfort at the injection site. To relieve discomfort, you may apply ice to the area for 15 to 20 minutes and repeat every 2 to 4 hours as needed. You may take a nonaspirin pain reliever (Tylenol™, Advil™) in the recommended dose.

*You should not do the following:*

*\*You should not drive for 24 hours after the procedure, if you have had sedation.*

*\*Use heating pads or any other form of heat on the injection site for two days.*

### Possible complications

In rare cases, the following symptoms can happen, lasting 3 to 4 hours:

-Numbness, tingling or weakness in your arm or leg

These symptoms usually begin within the first hour after the injection. Other complications can include increased back pain and a headache. Call your physician if you experience any of these conditions.

Your primary health care provider or the physician who requested the medial branch block procedure is your contact for questions about this injection, repeat injections or another type of injection procedure.

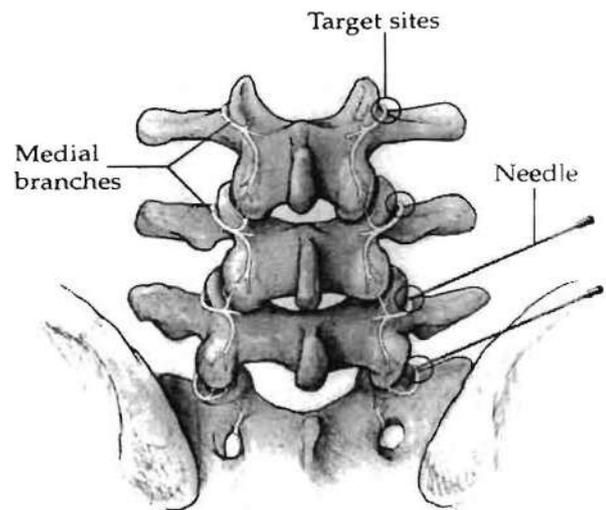


Figure 2. Needle placement

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