Medial Branch Block Discharge Instructions

1. You have received a Medial Branch Block Injection. The anesthetic used provides temporary pain relief and has been giving to you for diagnostic purposes. You should not drive for 6 hours after your injection.

2. You may experience pain or soreness at the site of the injection. You may apply ice packs to the injection site for no longer than 20 minutes at a time. You may remove the bandage over the injection site after approximately 12 hours. You may shower when the bandage is removed. No submerging in water (bath tub, swimming, etc.) for 24 hours after procedure.

3. You may resume taking any medications you stopped prior to the procedure with the exception of your pain medications. You should not take your pain medications for 6 hours in order to properly diagnose if the facet joints are the source of your pain. Please keep a pain diary rating your pain from 0-10 until you go to bed tonight. You will review your pain diary results with your doctor in a few days.

4. You may continue with your regular diet.

5. You may resume your exercise program but avoid strenuous activity for a few days. It is actually important to keep your body moving.

6. All Prescription pain medications should be obtained from your Primary Care Physician.

7. Please call if you develop any of the following problems: soreness, redness or heat where the injection was done, a severe headache, fever, new numbness or weakness in your hands or legs, change in level of consciousness or inability to control bladder or bowels.
   a. WEEKDAYS 8AM-4PM : Pain Interventional Center 415-833-0095
   b. AFTER HOURS & WEEKENDS: Kaiser Operator 415-833-2000 and ask to speak to an advise nurse who will page your Pain doctor if needed. Please inform them of your pain doctor McKendry / Cherry / Dasti
   c. If you have a symptom in bold above and are unable to reach someone, please go to the nearest Kaiser Emergency Room.

Your Next Appointment is: ________________________________

If your pain has improved significantly since seeing your physician you may cancel your repeat injection. Please call us at least 2 days in advance to cancel at 415-833-0095

If you need to rebook your appointment and get our voice mail, please leave a detailed message with your name, medical record number, times that are best for you or times that won’t work for you.

Dr. McKendry – Monday – Friday: 8AM-3PM
Dr. Cherry – Tues, Wed & 2nd & 4th Friday: 8:40AM-3PM
Dr. Dasti – 1st and 3rd Monday and Friday, Wed & Thursday: 8AM–3PM

Reviewed 7/2013