



### **Pre-Procedural Instructions: Medial Branch Block**

Please pay close attention to the following information/instructions:

If you are currently on antibiotics or being treated for an infection, please call the office prior to your injection appointment.

1. You have been scheduled for a medial branch block. This procedure is a diagnostic injection to test whether or not the facet joints along the spine are a source of your pain.
2. You will be receiving an injection of local anesthetic. The length of pain relief is anticipated to be 4–6 hours only. This procedure is not expected to result in long-term pain relief.
3. We typically do not recommend sedation for this procedure, as you need to be awake and alert immediately following to determine how much relief you got from the injections as you perform daily activities (walking, standing, cleaning, shopping, etc).
4. In the event that you have severe anxiety about your procedure and prefer to have a light sedative prescribed before your appointment, please notify our office at least 24 hours in advance. IV sedation is available in office for an additional fee and advanced notice is required. You must have fasted for at least 8 hours if you elect to have IV sedation.
5. You may also choose to have the procedure done with General Anesthesia at the Surgery Center. This is an option for patients that cannot tolerate local anesthesia or have medical conditions that exclude them from having the procedure done in office. Please note, there will be a separate facility fee from the surgery center in addition to the cost for our physician to perform the procedure.
6. We do not anticipate that you will experience any weakness or numbness in the extremities. Nevertheless, it is suggested that you bring a driver to your appointment if possible.
7. On the day of your appointment, please refrain from eating or drinking 4 hours before your appointment time. You may eat and drink immediately following your injection.
8. If you take routine medications, you may take these on the day of your injection as scheduled with a small sip of water.
9. If you are on any blood thinning medication (Plavix®, Coumadin®, Aggrenox®, Lovenox®, Xarelto®, aspirin), you will not need to necessarily hold them prior to these injections.