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## Lumbar Medial Branch Block

15 minutes

Driver Optional

### *About your procedure:*

A medial branch nerve block is a procedure in which an anesthetic is injected near small medial nerves connected to a specific facet joint. Typically, several levels of the spine are injected in one procedure.

If the patient experiences marked pain relief immediately after the injection, then the facet joint is determined to be the source of the patient's pain.

The procedure is primarily diagnostic, meaning that if the patient has the appropriate duration of pain relief after the medial branch nerve block, then he or she may be a candidate for a subsequent procedure - called a medial branch radiofrequency neurotomy (or ablation) - for longer term pain relief.

Read More: <http://www.spine-health.com/treatment/injections/medial-branch-nerve-blocks>

### *Instructions:*

- Stop any anti-coagulants (blood thinners) as advised by your physician.
- All procedure preparation instructions must be followed by the patient, or the physician reserves the right to reschedule your procedure.
- Inform your physician before your procedure if you are or could be pregnant.

### *What to expect:*

- If you experience an increase in pain the day following your procedure, remember that this is normal. This pain is due to the local anesthetic from your procedure wearing off.
- Pain relief varies by each patient. Some patients experience relief immediately after the procedure, and some patients may require a few days for the procedure to take effect.

### *Complications to look for:*

- Numbness, weakness, or tingling in your limbs (arms & legs) lasting greater than 24 hours
- New or unusual headaches or neck stiffness
- Unusual swelling or redness around the injection site
- If you experience any of these symptoms, please call our office at (865) 633-9469.
- If you experience difficulty breathing, chest pain, or any emergency, please call 911 or go to the nearest emergency hospital.