



After your procedure

**Medial Branch Block**

This information sheet provides some general advice on what to expect after your procedure.

If you have had sedation for your procedure there are a few things you must not do for up to 24 hours.

1. Drive a vehicle
2. Drink Alcohol or smoke cigarettes
3. Make important decisions eg signing legal documents
4. Operate heavy machinery
5. Engage in strenuous activity

Please follow any additional information from the operating department staff.

**General**

It's important to remember this procedure is just a test to see the source of your pain and does not provide long term pain relief.

Your procedural doctor will go through your block assessment sheet and recording your pain scores with you prior to procedure. It is very important to fill this out fully and accurately as this determines if these injections were successful. If they were then your doctor will discuss whether to go ahead with the longer lasting procedure of Radiofrequency Neurotomy at your follow up appointment.

**What to expect/do**

- Once the local anaesthetic has worn off the sites where the needles were inserted may be uncomfortable and a pain flare within the first few days and prior to your next appointment can occur.
- Keep taking your normal medications and pain killers as you would normally. If you don't need the painkillers, document this in the comments section of the block assessment sheet.
- Fill out your pain scores in comparison to your normal pain, don't record the local soreness from the injection site.
- If a light activity such as doing the dishes worsens your pain, try and undertake this after the procedure and write the results in the comments section.

The rooms will call you for a follow up phone call appointment with your doctor roughly one week after the procedure. Please return the block assessment sheet to our rooms via the contacts below.

Please note, Northern Beaches Pain Management does not operate an out of hours emergency service. For medical emergency you must dial 000/attend your nearest hospital emergency department.