

Medial Branch Block

Medial branch nerves are located around the joints of your spine. When the facet joints feel pain, the nerves communicate this to the brain. During this procedure, your doctor will inject numbing medication around those nerves. We will ask you to keep track of any responses and/or relief from the procedure in the pain diary the staff will give you. You will bring the diary to your follow-up appointment which will help us plan future treatments to best suit your pain. This is a short-term diagnostic procedure.

Pre-Procedure

- When you arrive, you will check in with registration and will be given a short questionnaire to fill out about your symptoms.
- A staff member will bring you to a suite to verify your health information, medications, allergies, and the intended procedure.
- We will perform a few short tests to be certain the procedure is safe
 - o Blood pressure, heart rate, and oxygen saturation

During the Procedure

- You will be transported to the procedure room where all details will be verified with you, the staff, and your doctor.
- You will see an x-ray machine in the room, which is used to:
 - o Guide the doctor and show important landmarks in the spine
 - o Show the doctor where to inject the drug with the use of contrast dye (please inform the staff if you have a contrast dye allergy)
- You will be assisted onto the procedure table
- Your doctor will clean the skin to help prevent infection
- Your doctor will insert a very small needle to numb the skin
- The procedure is very brief and is tolerated very well
- A Band-Aid is usually placed at the site of the procedure

Post-Procedure

- Staff will check on you to make sure you are doing well
- They will take at least one more blood pressure reading
- The staff will let you go when you feel ready and they feel you're ready (usually 10 minutes or less)
- Please keep track of your pain for the next 6 hours in your pain diary