



## Medial Branch Block (MBB) *Post-operative Instructions*

Patient Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_  
Surgeon: \_\_\_\_\_ Facility: \_\_\_\_\_

Thank you for choosing S.P.I.N.E. Center Chesterfield.

You have undergone a **Medial Branch Block (MBB)**—a diagnostic injection used to determine whether the facet joints in your spine are the source of your pain. A small amount of local anesthetic, with or without steroid, was injected near the medial branch nerves that supply the facet joints. This procedure helps assess your response before considering longer-term treatments such as Radio-Frequency Ablation (RFA).

following the injection. Avoid strenuous activity.

- **Driving:** Do **not** drive for at least **12–24 hours** post-procedure, especially if you were sedated or are taking pain medications.
- **Return to Work:** Most patients return to work **within 24–48 hours** depending on the type of work and their pain level.
- **Exercise:** Avoid vigorous or high-impact activities (e.g., running, weightlifting) for **24 hours** after the procedure.

### I. General Overview

MBB is typically well tolerated and performed as an outpatient procedure. Most patients resume light activity within the same day. The purpose of this block is **diagnostic**, and it is important to track how your pain responds over the next **6–12 hours**, which helps guide future care decisions.

This handout provides general guidelines for your recovery. Please follow any customized instructions from your surgeon or provider.

### II. Activity and Mobility

#### ● Restrictions and Recommendations

- **Rest:** Light activity is recommended for the remainder of the day



#### Pain Diary

You may be asked to fill out a **pain diary** to track your level of relief at specific intervals after the injection. Be as specific and accurate as possible—it is a key tool for your care team to determine whether this treatment is effective.

### III. Wound Care



#### Site Management

- **Dressing:** You may remove any bandage **after 12–24 hours**.
- **Showering:** You may shower after **24 hours**. Avoid direct scrubbing of the injection site.



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- **Bathing:** Do **not** soak the injection site (baths, pools, hot tubs) for **2–3 days**.
- **Topicals:** Avoid applying any lotions or creams near the injection site unless directed by your physician.
- **Monitoring:** Mild redness or soreness at the injection site is normal. Watch for signs of infection.

### IV. Pain Management



#### Post-Procedure Symptoms

- You may experience **temporary soreness or localized pain** at the injection site.
- Initial pain relief (if successful) typically occurs within **30 minutes to 6 hours** depending on the anesthetic used.



#### Ice Application

- Apply an ice pack over the injection site for **15–20 minutes every 2–3 hours** as needed during the first day.



#### Avoid Pain Medications (if possible)

- Refrain from taking any pain medications (especially new or unprescribed ones) for **at least 6–12 hours post-injection**, unless otherwise directed. This allows

your surgeon to accurately assess the response to the injection.

### V. When to Contact the Physician



Contact your provider if you notice any of the following:

- Fever over **101.5°F**
- Redness, warmth, or significant swelling at the injection site
- Drainage or foul odor from the injection site
- New or worsening numbness or weakness in arms or legs
- Difficulty urinating or changes in bowel/bladder control
- Persistent headache, nausea, or dizziness beyond 24 hours

### VI. Emergency Situations



Seek **immediate** emergency care (Call 911) for:

- Shortness of breath or chest pain
- Sudden onset of severe weakness
- Signs of an allergic reaction (hives, swelling, difficulty breathing)

### VII. Follow-Up Care



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A follow-up visit is typically scheduled **within 1–2 weeks** to evaluate your pain relief and discuss next steps, such as possible Radio-Frequency Ablation if the block was successful.

If you have not received confirmation of your follow-up, please contact the office.

- **Hydration & Rest:** Drink plenty of fluids and get adequate rest post-procedure.
- **Avoid Smoking:** Nicotine may affect pain levels and delay healing.
- **Safe Environment:** Use supportive footwear and take caution to prevent falls while sedated or if you experience leg weakness.

## VIII. Additional Tips

**Aftercare Support**

### Patient Support & Contact

☎ Office Phone: 314-557-3472

✉ Email: [mgmt@onlinespinecare.com](mailto:mgmt@onlinespinecare.com)

This instruction sheet is for patients of the **S.P.I.N.E. Center, Chesterfield**, following Medial Branch Block. It does not replace individualized medical advice. Always follow instructions provided by your physician.

### Acknowledgment

I and/or a representative have received and understand the above discharge/post-operative instructions. I understand the importance of following them for safety and recovery.

I -----and/or a representative have received a copy of the above discharge/post-operative instructions. I understand the importance of following these guidelines and have had the opportunity to ask questions.

**Patient/Representative Signature:** \_\_\_\_\_

**Witness:** \_\_\_\_\_