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THE SPINE & PAIN CENTER

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Phone: (215) 538-6430
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MEDIAL BRANCH BLOCK DISCHARGE INSTRUCTIONS

ACTIVITY

- Please do activities that will bring on the normal pain that we are rating. For example, if vacuuming or walking increases the pain, do that. This will give the most accurate response to the diary.
- You may shower, but no tub baths today, or applied heat.

CARE OF THE INJECTION SITE

- This area may be numb for several hours after the injection.
- Notify the Spine and Pain Center if you have any of the following: redness, drainage, swelling, or fever above 100°F.

SPECIAL INSTRUCTIONS

- Please return the MBB diary to our office by mail, fax, or drop it off.

MEDICATIONS

- Please do not take any break through or short acting pain medications for 8 hours after the block.
- Continue to take all routine medications.
- Most blood thinners can be started again on your regular schedule, please call our office with any questions.

***If you have a problem specifically related to your procedure, please call our office at (215) 538-6430.
Problems not related to your procedure should be directed to your primary care physician.***

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE