

This handout provides information about what you might expect to happen following medial branch block injections. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

If you received a light sedation for your procedure today, you should not drive, sign documents or make important decisions for the next 24 hours.

This procedure is intended to test your pain, but not to provide longer term relief.

After the procedure you will be given a pain chart to record your response to the local anaesthetic.

- Once the local anaesthetic wears off you may experience some discomfort from the needle site/s.
- Do not be concerned if your usual pain flares for 24 - 48 hours. This happens approximately 5% of the time and usually settles quickly.
- Avoid taking painkillers for the next 5 hours if possible. If you do take them, please note this on your pain chart accordingly.
- You may return to all your usual activities as soon as you feel ready unless directed otherwise.

Completing your pain chart

- Chart your pain compared to your usual pain.
- Test your pain – if you only experience pain during a certain activity or when moving in a certain way, make sure you repeat that activity or movement to see if your pain has changed.
- Try to identify any component of your pain that changes or disappears, or any changes in your range of motion, such as being able to move more easily – mark these changes on the pain chart.
- When recording daily scores, chart the worst pain that you have experienced during that day.
- Do not record the local soreness of the injection site/s..

Returning your pain chart

- It is essential that you return your pain chart to the clinic so that a treatment plan can be devised. If you don't hear from us within 2 weeks of sending it back, consider contacting the clinic to ensure that the chart has been received.
- When your pain chart has been assessed you will be notified of the next step in the process.

To return your pain chart

Email: info@metropain.com.au

Fax: 03 9595 6110

Post: Metro Pain Group, Ground Floor, 271 Clayton Road, Clayton VIC 3168

Please keep a copy for your records.

FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.