



Office Hours 6:30 AM to 4:30 PM Weekdays
Phone: 651-351-2641
TCOmn.com

Diagnostic Medial Branch Nerve Block Discharge Instructions

Follow up:

_____ Please schedule a follow-up appointment with your Surgeon’s office in _____ weeks.

Adam Michalik DO 952-456-7777 Daytime Hours

_____ A follow up appointment is not required at this time. Please contact your Surgeon's office at the number above if you experience complications at home after this procedure.

Adam Michalik DO 651-439-8807 Evening/Weekend Hours

If you have questions after reading this material, call your health care provider.

ABOUT DIAGNOSTIC NERVE BLOCKS

You may have had pain for a while now and are hoping your health care team can find a way to bring you some relief. However, it’s not always easy to find the exact area that is causing your pain or to know what might help you.

To help your health care team find that area and determine treatment, your provider has recommended that you have a diagnostic nerve block in the area believed to be causing your pain.

A diagnostic block is a test. The goal of a diagnostic block is to find the area that is causing your pain and determine whether further treatment aimed at this area would help manage your pain.

After the diagnostic block, a health care team member talks with you to determine your response to the block. You will be asked to answer a few questions that are listed in this resource. Your provider will use your answers to make decisions about further treatment.

If you have questions about a diagnostic block after reading this resource, talk with your health care provider.

DECIDING NEXT STEPS

The next step after a diagnostic block is for your provider to determine whether the treated area is the area causing your pain.

If the diagnostic block works to stop your pain, then your provider knows certain treatments may be helpful for you.

To help your provider make this decision, answer these questions in this material. While you may have pain in other areas of your body, please answer these questions only about the area where the nerve block was injected.

The most important diagnostic information is obtained during the next six hours after your injection. It is extremely important that you pay close attention to how your pain feels during this time. You should be active and perform activities that would typically reproduce your pain.

Please complete the 'Nerve Block Pain Report' form provided to you. Notate pain level in 15 - minute increments until your pain level has returned to the usual amount of pain your experience before today's nerve block procedure.

Fax this form to 952-456-7855 or email to DeMaeaxel@tcomn.com once completed

Please call DeMae with Dr. Michalik's office at 651-351-2641 for assistance with the form as needed.

CARE FOLLOWING THE PROCEDURE

- You can resume your usual diet, medications, and physical activities, including those that usually cause pain unless you are told otherwise by your health care provider.
- Continue to follow the medical plan you have talked about with your health care provider, such as medications, physical therapy or exercise, and restrictions on your activity.
- You may shower whenever you want to, but do not go swimming or use a bathtub, hot tub or whirlpool for two days following diagnostic block.

DO NOT

- Drive for four to six hours after the procedure.
- Use heating pads or any other form of heat on the injection site for 48 hours.

SIDE EFFECTS

Your skin where your provider injected the local anesthetic may be numb for several hours. You may have a bruise on the procedure area. The injection site may be sore for several days.

To relieve discomfort, you may apply ice to the area for 15 to 20 minutes and repeat every two to four hours as needed. You may take a nonaspirin pain reliever (Tylenol™, Advil™) in the recommended dose.

POSSIBLE COMPLICATIONS

Possible complications may include bleeding from the procedure site, infection and an allergic reaction. See the section on when to seek emergency care for signs of these complications and what to do if they happen.

Rarely, the following symptoms can happen, lasting three to four hours:

- Numbness, tingling or weakness in your arm or leg depending on the area injected
- Difficulty urinating or leaking urine and this is a new problem
- Light-headedness

These symptoms usually begin within the first hour after the injection. Other complications can include increased back pain and a headache. Call your provider if you have any of these symptoms.

WHEN TO SEEK EMERGENCY CARE

Seek emergency medical care if you have any of the following:

- Bleeding from the procedure area that does not stop after you apply pressure for 10 minutes
- Signs of infection which include:
- Temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or greater.

- Chills.
- Increased swelling, tenderness, warmth, or redness at the site.
- Increased pain or pain not relieved by pain medications.
- Drainage or oozing, or bad-smelling odor coming from the site.
- Signs of allergic reaction which may include:
 - Rash.
 - Throat swelling.
 - Difficulty swallowing.
 - Wheezing or difficulty breathing.
 - Itching.
 - Nausea and vomiting.
 - Light-headedness.

If you have questions or concerns about a diagnostic block, contact your health care provider who sent you for this procedure.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.