

## Care After Cervical/Thoracic/Lumbar/Sacral/Genicular Medial Branch Block

You had an injection to help diagnose the cause and site of your pain.

You may feel sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice to the site for 20 minutes on and 20 minutes off to decrease pain. After 24 hours, you may use heat if needed.

### Pain

It is **important** that you rate your pain often today.

- Rate it every 15 minutes the first hour and then once per hour for the next 8 hours.
- **Do not** nap today because you may miss rating your pain. You would then need to repeat the injection.
- Rate your pain during daily activities that normally cause you pain. If you have less or no pain while sitting or lying down, do not rate your pain while in this position.
- Rate only the pain that was treated today on this log. **Do not** rate pain at another place on your body.
- **Do not** rate injection site pain. Use an ice pack over the bandage if it is hard to tell the difference.
- If you had injections on both the right and left side, rate each side separately if they feel different.
- After the first day, rate your pain once a day for a total of 2 weeks.

It is **very important** you fill out the pain log completely and keep a copy at home. If you it, you may have to repeat injections before moving on.

You may resume taking your medicines after the procedure. But, **do not** take pain

medicine during the first 8 hours if you had a medial branch block. Please see your After-Visit Summary for instructions.

You may feel weak for the next 3-5 hours. Be careful walking or using your arms. **No** baths or soaking of the site for 24 hours. Taking a shower is okay.

### Signs of Infection

- Fever over 100.4° F by mouth for 2 readings taken 4 hours apart
- Increased redness, swelling around the site
- Any drainage from the site

### When to Call

**The day of the procedure**, if you have any problems or concerns, call Madison Surgery Center.

**For new symptoms or signs of infection** call your doctor listed on the After-Visit Summary.

To discuss the next steps in your plan of care, contact the provider that **ordered** your procedure. Your doctor will have the report in about 7-10 days.

### Who to Call

Madison Surgery Center (6 am-5 pm)  
**608-287-2200**

After hours **if it** is an emergency please visit your closest emergency room.

If it is **not** an emergency, please contact the ordering provider's clinic or the provider's clinic that performed the procedure. Tell the receptionist you had a procedure that day and need to see your doctor.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2021 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5656