

# Patient Information

## MBB and FJI

### Patient discharge information for Medial Branch Blocks and Facet Joint Blocks

Doctor .....

Procedure Date.....

Medial Branch Blocks are diagnostic injections. The aim of having these injections is to work out if the facet joint is the source of your pain.

#### **Pain Management**

It is fine to take your regular medications after your procedure unless specifically instructed otherwise. However, should you develop:

- worsening back pain
- numbness and/or weakness in your legs
- lose control of your bowel and/or bladder
- develop fever after your procedure

Please inform us at the Pain Management Unit immediately on 8204 5351.

You may contact the FMC Emergency Department or visit your local doctor for a review, but it is important that the Pain Management Unit is notified.

#### **Care of injection sites**

If you develop any of the following symptoms that may be caused by injection:

- Redness
- Swelling
- Increased pain
- Fever

If you have any of these symptoms you need to notify the Pain Unit during office hours on 8204 5499.

You may contact the FMC Emergency Department or visit your local doctor for a review, but it is important that the Pain Management Unit is notified of any wound problems.

#### **Complications**

These procedures are relatively safe. The potential side effects are:

- Bleeding and infection.
- Temporary increase in pain. Take regular simple analgesics such as Paracetamol for the first few days with application of heat or cold packs.
- Discomfort at the site of injection.



## Driving

If you are discharged the on the same day as your procedure, it is required that a responsible adult accompany you home and stay with you overnight. You may also experience some muscle soreness.

You should not:

- Drive a motor vehicle or operate machinery for the rest of the day.
- Make important decisions or sign contracts
- Drink alcohol

## Follow-up Plan:

As these injections are diagnostic, we need feedback from you in order to plan the next step. Please ring us one week from procedure on 8204 5351.

You need to monitor the following and tell us:

- How long the injection effects last – hours/days/weeks
- How well it works - does all of the pain go away or only some of the pain.
- What activities can you do more easily.

If you do get good relief, do not suddenly attempt activities you have not done for a long time – PACE YOURSELF. The injection is not permanent, and overdoing activities can result in even more discomfort than usual.



This document has been reviewed and endorsed by consumers.



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