

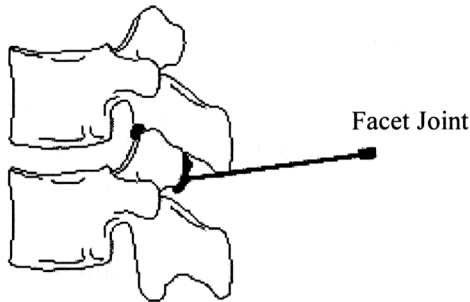


## What is a Medial Branch Block Injection?

Physicians commonly use this type of injection to help diagnose lower back pain. It is used to diagnose low back pain that stays above the knee. During a medial branch block injection numbing medication or local anesthetic is placed directly around a *medial branch nerve*.

## What are Medial Branch Nerves?

Medial branch nerves are the very small nerve branches that control sensation to a part of the spine called the *facet joint*. They do not control any muscles or sensations in your arms or legs. The facet joint is where each bone of the spine (*vertebrae*) connects with the next. Sometimes, these facet joints can develop arthritis and be a source of pain.



## What happens after this injection?

Remember, this type of injection can be both therapeutic and diagnostic. Whatever result you have gives the physician more information about your pain. Generally, one of the following three things may happen.

1. The pain does not go away. This means that the pain is probably not coming from the facet joints.
2. The pain goes away a few hours but comes back again and does not get better. This would mean that the pain is probably coming from the joints.

3. The pain goes away, returns within a few hours, but then gets better over the next few days. This means that the medications had a long lasting effect on the pain.

## What if the pain goes away and then comes back?

You may be a candidate for a procedure where the medial branch nerve can be inactivated with another procedure called Radio Frequency Lesioning.

## What is Radio Frequency Lesioning?

Radio Frequency Lesioning is a procedure that can inactivate the nerve and relieve pain for up to a year. During this procedure an electrical current through a needle placed next to the nerve. This current will heat the nerve to 80° F for ninety seconds.

## Is this safe?

Yes, this procedure is safe. However, like with any procedure there are risks, side effects, and the possibility of complications. The anesthetic medication may spread to nearby nerves and you may have weakness or numbness that can last for several hours. You may have increased pain for a few days after the injection, particularly at the location of the injection. People with diabetes may have a temporary elevation of their blood sugars.

## Do these procedures hurt?

Most people say that the burning or stinging sensation due to the numbing medication is the most uncomfortable part. During the Radio Frequency Lesioning procedure, some people report feeling pain for 10-15 seconds and then the pain goes away.

*Please turn over*

## How are these procedures done and how long do they take?

Both of these procedures are come and go procedures done in the hospital. For both procedures you will lay on your abdomen. Using the x-ray machine your doctor will identify the target for needle placement. After anesthetizing the skin the Medial Branch Block Injection or the Radio Frequency Lesioning procedure is performed. For a Medial Branch Block Injection no sedation is given because it is important for you to tell the physician or nurse if the block has relieved your pain. For the Radio Frequency Lesioning procedure a sedating medication is given.

## Who shouldn't have these procedures?

People who are currently taking blood-thinning medications such as Coumadin/Warfarin, should not have a medical branch block injection or radio frequency lesioning. If you are taking any of these medications, you will need to stop taking them before the procedure. You should discuss this with your primary care provider or cardiologist in order to weigh the risks and benefits of stopping your these medications.

## When can I go back to my normal activities after these procedures?

You may not drive for the remainder of the day after procedure. Do not use heat on the injected areas, take a tub bath or soak in water (i.e. pool, jacuzzi, etc.) the remainder of the day after the procedure.

If the injections are in your neck you may take medications as usual with a sip of water but do not eat or drink for six hours before the procedure. You may eat, drink and take your medications as usual on the day of the procedure (both before and after) if the injections are to be in your low back.

## What do I do if these are not appropriate for my pain or I don't want one?

The treatment of chronic pain generally consists of several methods used in combination, rather than just one method alone. Research has shown that physical therapy, medications, exercise, relaxation, and changing negative thought patterns can help people better manage pain. Discuss these and other options with your physician or chronic pain management specialist for more information.

### When to call Kaiser Permanente

If after the medical branch block injection or radio frequency lesioning procedure, you experience:

- Increased pain
- Weakness
- Fever
- Swelling at the injection site

The information presented here is not intended to diagnose health problems or to take the place of medical care and information you receive from your physician or health care professional. If you have persistent health problems, or if you have further questions, please consult your physician or other health care professional