

## **MEDIAL BRANCH BLOCK DISCHARGE INSTRUCTIONS**

### ACTIVITY

- Please do activities that will bring on the normal pain that we are rating. For example, if vacuuming or walking increases the pain, do that. This will give the most accurate response to the diary.
- You may shower, but no tub baths today, or applied heat.

### CARE OF THE INJECTION SITE

- This area may be numb for several hours after the injection.
- Notify the Spine and Pain Center if you have any of the following: redness, drainage, swelling, or fever above 100F degrees.

### SPECIAL INSTRUCTIONS

- Please return the MBB diary to our office by mail, fax, or drop it off.

### MEDICATIONS

- Please do not take any break through or short acting pain medication for 8 hours after the block.
- Continue to take all routine medications.
- Most blood thinners can be started again on your regular schedule, please call our office with any questions.

**If you have a problem specifically related to your procedure, please call our office at 484-526-7246.**

**Problems not related to your procedure should be directed to your primary care physician.**

#### **Allentown**

501 Cetronia Road, Suite 125  
Allentown, PA 18104  
Fax: 833-219-0472

#### **Anderson**

1700 St. Luke's Blvd., Suite 200  
Easton, PA 18045  
Fax: 833-219-0473

#### **Bethlehem**

830 Ostrum Street  
Bethlehem, PA 18015  
Fax: 833-219-0471

#### **East Stroudsburg**

3 Parkinsons Road  
East Stroudsburg, PA 18301  
Fax: 833-219-0474

#### **Lehighton**

575 South 9th Street  
Lehighton, PA 18235  
Fax: 833-219-0477

#### **Orwigsburg**

1165 Centre Turnpike Route 61  
Orwigsburg, PA 17961  
Fax: 272-639-5152

#### **Quakertown**

1534 Park Avenue  
Quakertown, PA 18951  
Fax: 866-291-6192

#### **Tamaqua**

120 Pine Street  
Tamaqua, PA 18252  
Fax: 833-219-6192

#### **Warren, NJ**

Bone and Joint  
755 Memoriall Pkwy., Bldg. 201  
Phillipsburg, NJ 08865  
Fax: 833-219-0476

Phone: 484-526-7246

**THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.**

PATIENT SIGNATURE

NURSES SIGNATURE

DATE