

ANATOLY ARBER, M.D.
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MEDIAL BRANCH BLOCK DISCHARGE INSTRUCTIONS

The procedure you had was a diagnostic medial branch block of the facet joints. It is VERY IMPORTANT that you give the office a call TOMORROW 847-625-9500 to let us know if you had pain relief. This will help the doctor determine the next step in your course of treatment. You may leave a message on the voice mail as to how you are feeling and for how long you had pain relief from the injection.

General Instructions

1. Do not swim or use a hot tub or bath for 3-5 days following the procedure, you may shower as you normally do.
2. Resume your regular diet as tolerated.
3. Resume all previously prescribed medications.
4. We recommend that you relax and rest during the rest of your procedure day.
5. It is not unusual to have some soreness at the site of the injection, you can use ice for 20 minutes in 20-minute intervals but DO NOT use heat. This should resolve within a few days.

IF YOU HAVE ANY QUESTIONS OR CONCERNS AFTER THE PROCEDURE, PLEASE DO NOT HESITATE TO CONTACT DR. ARBER AT (847) 625-9500. IF YOUR CALL IS AFTER OFFICE HOURS, PLEASE PAGE DR. ARBER AT THE FOLLOWING NUMBER **(847) 479-2066** AND HE WILL CALL YOU BACK AS SOON AS POSSIBLE. IF THE DOCTOR IS NOT AVAILABLE, GO TO THE EMERGENCY ROOM.