

Medial Branch Block (MBB) Procedure Instructions

If you have any questions or concerns about the procedure, or if you need to change your appointment date or time, please call 801-294-7246.

BEFORE THE MBB PROCEDURE:

- You may eat and drink as usual; we do not offer sedation for the purpose of tracking pain levels.
- Discontinue all Blood thinners including High dose Aspirin as directed by Physician.

AFTER THE PROCEDURE:

You may stay in the office and rest quietly until you feel well enough to leave. For some people, this is 10 minutes; for others, it can be longer.

You may experience the following conditions lasting FOUR to SIX hours:

- Numbness, tingling or weakness in your extremities
- Difficulty urinating or leaking urine
- Light-headedness caused by a drop in blood pressure.
- You will be asked to track pain levels every half hour for 4 hours post procedure.

The injected area may be numb for 24 hours, and the site may be sore for one to two days. You may get a bruise at the injection site.

MBB PAIN SHEET MUST BE RETURNED TO OFFICE TO SCHEDULE RFA PROCEDURE

All procedures are performed at our Bountiful location

1551 Renaissance Towne Drive Suite 460

Bountiful, Utah 84010