

Barr Center for Innovative Pain & Regenerative Therapies, PLLC

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You must refrain from driving for the next 6-8 hours, for most procedures. Plan to avoid heavy lifting, pushing, pulling or other exertional activities for the day of your procedure.

If you had a Medial Branch Block Injection today, you will be given a "post block diary" that will need to be filled out and brought back to your follow up appointment with ordering doctor's office.

Expect to return to regular activities the following day. If you are currently prescribed physical therapy, you may continue as scheduled. You may continue your medications as prescribed. You may resume any discontinued medications the next day unless instructed otherwise.

If you notice ANY of the following symptoms, please contact our office IMMEDIATELY: Redness, swelling, bleeding at injection site, fever, chills or other signs of infection, Difficulty voiding, any bowel or bladder dysfunction, sexual dysfunction, and Persistent numbness (24 hours after procedure). It is possible to experience some increased pain for several days after the procedure. It is also possible to get a steroid "flare". This condition is not dangerous and can be treated with tylenol and benadryl if these medications are tolerated. Signs of a steroid "flare" are: Redness in the face or all over the skin that may feel like a sunburn, and possibly a slight fever of up to 99 degrees. If the condition persists more than a couple of days and does not respond to the above mentioned treatments, please contact our office.

If you have been asked to hold a blood thinner prior to your procedure, please resume this the following day.*

Please leave your name, date of birth, phone number and a brief message if you call after hours; a physician will contact you as soon as possible at 757-578-2260.