

## Phase 1 – Diagnostic only - MEDIAL BRANCH BLOCK of Facet Joints

(for further information - Visit – [www.kalyanspine.com](http://www.kalyanspine.com) – Patient info / resources – Useful links & Education Videos)

Done under LOCAL ANAESTHESIA usually; AS DAY CASE PROCEDURE, Under X-RAY CONTROL; Procedure takes about 20 to 30 minutes, but the whole process may take 1 to 2 hours; Need Transport back home & cannot drive after the procedure. Experience - Have carried out many thousands of spinal injections procedures.

### Intended benefits:

- DIAGNOSTIC INJECTION - to look if the source of pain is from facet joints.
- PAIN RELIEF INTENDED TO BE TEMPORARY FOR FEW HOURS (2 to 6 hours) in most cases.
- Following the block, if there is good relief of pain symptoms,
  - a. further treatment option of Rhizolysis (Heat denervation procedure) could be considered.

Very Low Risk Procedure & the possible risks are as follows:

### Frequent Risks:

- Pain & discomfort during the procedure under local anaesthesia
- No relief of pain symptoms or Increase in Pain at Injection site for few days
- Block from local anaesthesia (rare) – causing Temporary numbness & weakness of the trunk, legs & foot – lasting for few hours

### Very Rare risks (None in my practice)

- Damage to the nerve (very rare) resulting in numbness & weakness of the trunk, legs & foot, bowel & bladder, which is predominantly temporary for few days or weeks and very rarely permanent
- Infection (Very Rare)
- Allergic to the medication



External Links: <https://fpm.ac.uk/sites/fpm/files/documents/2019-11/FPM-PIL-Facet-joint-medial-branch-block-Sep-2019-ed.pdf>

Guys & Thomas NHS Trust - <https://www.guysandstthomas.nhs.uk/resources/patient-information/perioperative/critical-care/facet-joint-medial-branch-blocks.pdf>

## Phase 2 - Treatment - RHIZOLYSIS of Facet Joints - (HEAT DENERVATION PROCEDURE)

(for further information - Visit – [www.kalyanspine.com](http://www.kalyanspine.com) – Patient info / resources – Useful links & Education Videos)

- Done under DEEP SEDATION; AS DAY CASE PROCEDURE; The whole process may take 3 to 4 hours; Need Transport back home & cannot drive after the procedure;
- Please Fast for 6 hours before procedures. Small sip of clear plain water allowed until 2 hours before the procedures

### Intended benefits

1. Partial pain relief (about 60%) - of back pain and referred pain (on side of the procedure);
2. Duration of pain relief could vary from 6 to 18 months;
3. The amount and the duration of pain relief cannot be guaranteed.

### Frequently occurring risks:

- Side effects of sedation (nausea, vomiting, drowsiness)
- Pain and Discomfort during the procedure under sedation
- Increase in Pain – for few weeks (Common), rarely longer
- Pain relief Nil

### Rare risks:

- Skin irritation / numbness / hypersensitivity (1%)
- Damage to Nerve resulting in numbness and weakness of legs, bowel, bladder (< 0.5%); Neuropathic Sciatic Pain (0.3%)

### Very Rare risks (None in my practice)

- Damage to the nerve - resulting in numbness & weakness of the trunk, legs & foot, bowel & bladder – mainly temporary for few weeks & very rarely permanent
- Infection (Very Rare)
- Blood clot in legs or lungs (rare)



External Links: Faculty of Pain Medicine- <https://fpm.ac.uk/sites/fpm/files/documents/2019-11/FPM-PIL-Denerv-radio-freq-Sep-2019-ed.pdf>

Bristol NHS Trust - [https://www.nbt.nhs.uk/sites/default/files/attachments/Rhizolysis\\_NBT002796.pdf](https://www.nbt.nhs.uk/sites/default/files/attachments/Rhizolysis_NBT002796.pdf)