



Genicular Nerve Diagnostic Block

General Information

Your health care provider has determined that a genicular nerve block would be helpful in treating your chronic knee pain. The knee joint is surround by a plexus of genicular nerves that can cause certain type of knee pain. Often the pain is a sharp, aching, burning sensation. Placing medication around the genicular nerves can help treat your knee pain. This injection, however, is also meant to be diagnostic so your health care provider can identify whether these are the nerves that are contributing to your pain. The goal of this injection is to reduce your pain by more than 80% for up to 4 to 6 hours after the procedure.

Oftentimes, the pain will return to its original intensity. If you have had one to two genicular nerve blocks with short term relief, there is a more permanent therapy, like a radiofrequency ablation that can be done which can provide relief for 6-12 months.

This procedure is commonly performed to treat a variety of pain syndromes, including:

- Knee pain before surgery
- Knee pain after surgery

Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped, and your health care provider will discuss these with you. They could include blood-thinning (anticoagulant), antiplatelet medications and/or anti-inflammatory medications such as aspirin, Xarelto, Coumadin, Plavix etc.

After arrival and check in, you are brought to the pre-operative area where you will be placed in a gown. You will be escorted to the procedure room. You will lay on your back with a support placed underneath your knee for comfort. An X-ray/fluoroscope is used to see the knee joint to guide needle placement. After a cold, cleaning solution is placed on your skin, it is important not to touch the area once it is cleaned. A cold grounding pad will also be placed on you. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the nerves near the knee are targeted, medication is injected, which includes a local anesthetic. The needles are removed, and Band-Aid/paper tape is applied to the injection sites.

You are then escorted to the post-operative area where you will be monitored for up to 30 minutes after the injection. When you are ready to leave, the staff will give you discharge instructions and help you make a follow up appointment if one hasn't been made already.

Post-Procedure Instructions

What should I do after the injection?

- Recommend doing activities that normally cause pain (walk, climb stairs etc.)
- **DO NOT** participate in strenuous activities
- Resume all medications as instructed by your provider
- You should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three (3) days after the procedure. **Showers are OK**
- May participate in formal physical therapy sessions 72 hours after your procedure. You may continue performing your home exercise program in the interim
- Follow instructions given on the day of the procedure to provide a report of relief from the diagnostic block
- Keep post-operative appointment to report relief

When will I notice relief?

- Immediate pain relief from the local anesthetic used in the injectate for 4 to 6 hours
- You may have soreness from the needle placement but try to focus on pain relief in the deeper part of the knee with activities
- **Intended goal is >80% relief for 4-6 hours after the procedure**

What other things can I expect?

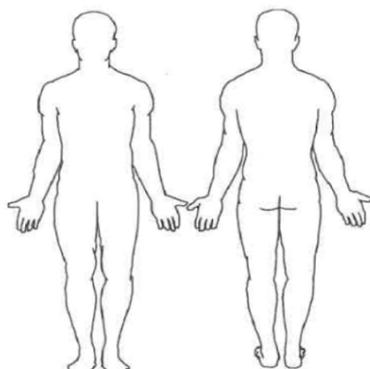
- Numbness, tingling or transient weakness in the area of pain
- Some soreness around the injection site for which ice may be applied

Please contact our office (815) 398-9491 if you experience:

- Significant weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills

Post Procedure Pain Diary

Please document where you are having your pain, intended for treatment, on the diagram, prior to the injection by shading in the below figure. Afterwards, please apply an X mark (X) on the intensity level of your pain, corresponding the appropriate time interval after the injection. Please bring this back to your follow-up appointment.



Worst pain

No pain

Pain Scale	Before Injection (Baseline)	30 min (after injection)	1 hr (after injection)	2 hr (after injection)	3hr (after injection)	4hr (after injection)	12 hr (after injection)
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
0							