

GENICULAR NERVE BLOCK

is an outpatient procedure for treatment of chronic knee pain. This information has been provided by your provider so you can better understand this procedure. Your provider will make the best recommendation for your specific needs.

This pamphlet is for general education only. Specific questions or concerns should always be directed to your provider. Your provider can explain possible risks or side effects.

GENICULAR NERVE BLOCK

for Chronic Knee Pain



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What is a genicular nerve block?

Genicular nerve blocks are given to treat pain around the knee. These injections involve administering local anesthetic and/or steroid drugs into the area around the nerves supplying the knee. The benefits of these injections may be limited and often rely on you following a gentle course of daily exercises.

Your procedure may be performed under x-ray guidance. If you are female, please ensure there is no risk of you being pregnant on the day of your procedure. Please contact the office if you have any concerns or are taking any blood thinning medication.

What are the benefits?

This procedure can help relieve pain in the following conditions/indications:

- Osteoarthritis (OA)
- Chronic Knee Pain
- Degenerative Joint Disease
- Total Knee Replacement (before or after)
- Partial Knee Replacement (before or after)
- Patients unfit for knee replacement
- Patients who want to avoid a knee replacement

How long does it take for the procedure to work?

You should start to feel relief from your usual pain within an hour of the procedure.

Is this procedure painful?

Genicular nerve blocks require the use of a needle. You may experience mild soreness. It is important you are able to distinguish this from your usual pain.

What are the possible side effects or complications of the procedure?

All procedures carry a risk of complications and precautions are always taken to minimize risk, but occasionally the following may occur:

- Failure of the injection to help
- Worsening of the pain
- Bleeding/bruising/swelling to the injection area
- Infections to the injection area
- Fat dimple (depression in the skin)
- Numbness (temporary or permanent) in the injection area
- Leg weakness
- Infection of the knee joint

What are the potential side effects with use of steroids?

There are minimal side effects associated with either single or occasional use of steroids. These include hot flashes, feeling sick, mild abdominal pain, fluid retention, raised blood sugars in diabetics and occasional menstrual irregularities. These should settle in a few days.

- If you are taking any water tablets (diuretics) on a regular basis, please take an extra water tablet the next day
- If you are diabetic, you should closely monitor your blood sugar for two weeks after your procedure

Repeated and frequent use of steroids has the potential to lead to more serious side effects, but the doses of steroids given in the injections are minimal compared with the doses of steroids taken by mouth on a regular basis.

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