



Pain Diary – Post Procedure

Name _____

Procedure _____ Date of Procedure _____

Time	No Pain											Most Intense Pain										
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
Pre-procedure	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
2 hours post injection	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
3 hours	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
4 hours	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
5 hours	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
6 hours	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
1 day	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
2 days	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
3 days	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
7 days	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10

For Medial Branch Blocks / Facet Nerve Injections (Diagnostic Test)

After the procedure it is important that you be active. We want you to document your pain level (as compared to prior to the procedure) for the next several hours. The injection was an anesthetic medication that should only last several hours. After that time your pain might increase back to your pre procedure level. To be considered a successful diagnostic test you need 80% or more pain relief for the length of the injected anesthetic medication. Should you receive this relief in two diagnostic procedures you are eligible to move on the to a Radio Frequency Denervation procedure that should give you prolonged pain relief.