



Genicular nerve block

What is a genicular nerve block?

Genicular nerve blocks are diagnostic injections of local anesthetic that help temporarily relieve knee pain, commonly due to knee osteoarthritis or knee replacement, prior to genicular nerve radiofrequency ablation.

The genicular nerves are a bundle of nerves that surrounds the knee joint. Blocking these nerves from carrying pain information can help you stop feeling pain in your knees.

How is a genicular nerve block done?

- First, you'll lie on your back on an x-ray or the procedure room table.
- The doctor will numb 3-4 areas of skin around your knees with a local anesthetic. Then, guided by an x-ray or ultrasound, he or she will:
- Insert 3-4 thin needles into your knees and inject anesthetic
- Usually, the procedure takes less than 15 minutes, and you can go home the same day.

How effective is a genicular nerve block?

The genicular nerve blocks are diagnostic blocks to determine the source of your knee pain. The pain relief from the block usually lasts for 12-48 hours. You will write about the progress of your knee pain in a provided pain diary after the procedure as you return to your normal activities.

What are the risks?

The risk of complication from a genicular nerve block is very low. However, there could be bruising or soreness at the injection site. Serious complications, including infection, injury to surrounding structures, nerve damage and bleeding, are uncommon.

Side effects can include:

- Soreness at the injection site

What happens after the procedure?

Your knee or knees may feel sore after the procedure. You can continue your regular diet and medications immediately. You will record the progress of your knee pain in a provided pain diary as you return to your normal activities the same day. The nerve block may last several hours to several days. Your physician will schedule your follow up appointment.

Is a genicular nerve block right for you?

A genicular nerve block may be right for you if you have chronic knee pain — especially linked to knee osteoarthritis or knee replacement — which does not respond to other pain medication.

There's a better chance of a block relieving your pain if you have the procedure earlier in your illness. Talk to your physician about your symptoms and he/she will help decide what is right for you.