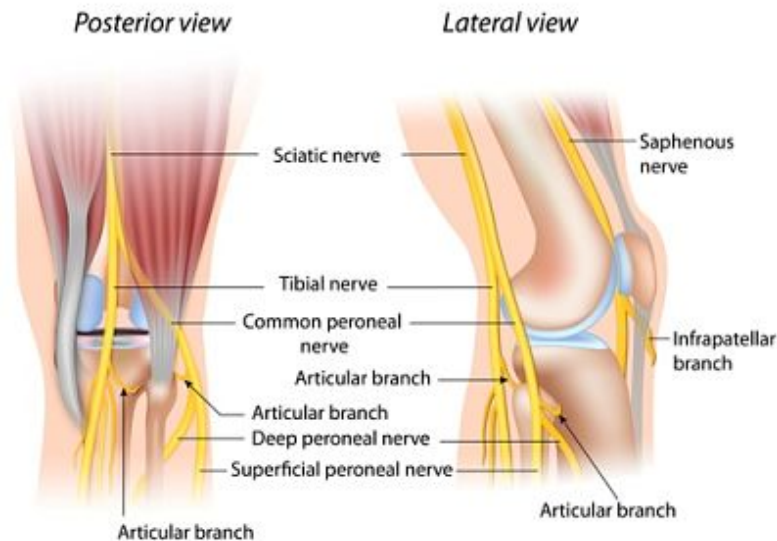




Geniculate Knee Block



What is a Genicular Knee Block?

A Geniculate Knee Block is an injection of local anesthetic and sometimes a steroid around the superior lateral, superior medial, and the inferior medial branches. This is primarily used to treat chronic osteoarthritis pain of the knee. This procedure can be both therapeutic and diagnostic.

What can you expect during your visit?

You will meet with your doctor in the exam room first and they will go over all the risks and benefits of this procedure. You will then be taken to the procedure room where a medical assistant will prep you for the procedure. The doctor will then sterilize the area, and inject local anesthetic and sometimes a steroid into the affected areas. The medical assistant will then clean the skin and place a bandage over the injection site. You will be taken to the post procedure room and monitored for a short time.

What happens after the injection?

You will be asked not to drive for at least 24 hours after the procedure and you must have a driver drive you home from our office. You may experience pain and some soreness in the injection site lasting a day or two. The anesthetic should give you immediate relief while it may take the steroid 3-5 days to fully kick in.

How long will the pain relief last?

The duration of the pain relief will vary from patient to patient. It can last from only a few days to a matter of months. Repeated injections may be necessary to manage the pain.

Is there anything specific I need to tell my doctor prior to this procedure?

You should tell your doctor if you are pregnant, on blood thinners, diabetic, or if you have any other concerns you would like to address beforehand.

The above information is for general education purposes only. Please ask your doctor specific questions during your visit.