



Radiofrequency Nerve Ablation Discharge Instructions

What is a Radiofrequency Nerve Ablation (neurotomy)?

Radiofrequency nerve ablation (neurotomy) is a minimally invasive procedure that can reduce back and neck pain. Radiofrequency neurotomy involves applying heat to certain nerve pathways to “shut off” the transmission of pain signals to the brain. The radio waves are delivered to the targeted nerves via needles inserted through the skin. It is performed while you are awake using x-ray guidance. Radiofrequency neurotomy usually blocks pain signals for a prolonged period of time. However, the human body may regenerate pain pathways over time. It is not unusual that the procedure may need to be repeated at some point in the future.

Aftercare Instructions

- A responsible adult must drive you home. You must not drive yourself.
- Due to the numbness and any discomfort you may experience after the procedure, you may have some difficulty walking on your own and getting in and out of the car. This is normal and should subside in a matter of hours.
- Do not drive or operate machinery for at least 24 hours after the procedure.
- You may eat your normal diet.
- Do not participate in strenuous activity that day.
- You may remove any bandages in the evening before going to bed.
- You may take a shower. Do not take a bath or sit in a hot tub for 24 hours.
- If you are taking a blood thinner like aspirin, Plavix, Pradaxa, Xarelto, coumadin, Lovenox, among others, you may resume taking it..
- If you have diabetes, your blood sugar numbers may increase. Your primary care physician will counsel you regarding management.
- You may experience some initial discomfort immediately after the procedure, but most patients are able to return to work and their normal daily activities within 24 to 48 hours. After a few days you should notice a marked decrease in pain and generally continue to improve over the next several weeks.
- If the procedure does not help alleviate your pain, your physician will most likely recommend a different therapeutic approach.

Please call your ordering doctor or primary care physician if you notice any of the following:

- Significant pain at the site unrelieved by Tylenol
- Hematoma or painful lump around the site
- Fever greater than 100.6°F
- Redness or drainage at biopsy site
- Continued nausea and vomiting

Seek EMERGENCY CARE if you have:

- Chest pain
- Uncontrolled bleeding
- Confusion or change in mental status
- Difficulty breathing or shortness of breath
- Progressive swelling of any area
- Severe abdominal pain or bloating
- Dizziness or feeling like you are going to pass out

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

Teton Radiology may be reached at (208) 524-7237, or (208) 356-4888 for Rexburg.

(Patient name - Please print)

Your radiologist was:

I understand the above information.

(Patient or family member's signature)

Date

Reviewed with me by:

(Technologist or nurse)

Date