



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

Today Procedure: Radiofrequency thermocoagulation

POST PROCEDURE INSTRUCTIONS:

1. If you received IV sedation with the procedure, your reasoning, coordination, and reflexes are decreased.

Therefore:

A. You must not operate a vehicle or use machinery/appliances for twenty-four (24) hours.

B. Avoid making critical decisions for twenty-four (24) hours.

C. No alcoholic beverages for twenty-four (24) hours.

2. Return to your usual diet.

3. Resume all preoperative medications.

4. Keep dressing dry and intact for 24 hours.

5. Do not shower for 24 hours, do not bathe or swim for 48 hours.

6. Contact your physician if you notice bleeding or drainage from the puncture site, unusual redness or swelling around the site, new persistent pain, fever above 100 degrees F.

7. Your pain may return after the local anesthetic wears off. It may take up to 72 hours for steroid to take effect.



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

SPECIAL INSTRUCTIONS:

1. This is a non-surgical treatment for facet joint syndrome once confirmed by medial branch blocks. This procedure interrupts the nerve supply to the facet joint(s) by heating the nerves using a radio-frequency probe at 80 degrees Celsius. The targeted nerves are isolated using both sensory and motor stimulation.
2. You may experience discomfort after the burning of the medial branch nerves due to the irritation of the surrounding tissues. It is also possible to develop a hypersensitive area at the injection site. This may take several days or up to 3 weeks to resolve.
3. Some patients may not feel relief and full effects up to 4 weeks, although most experience relief sooner.
4. Your neck or back may feel numb, weak, or itchy for a couple of weeks. Be patient, as this usually resolves in 1 to 4 weeks.
5. You may use any symptom relieving treatment you have found to be useful in the past (i.e. apply ice, massage, rest, relaxation, etc.). You may also resume any medication such as anti-inflammatory drugs, muscle relaxants or prescriptive plan medications.
6. Nerves regenerate after an RFA, but how long this takes varies (6 months to 2 years on average). *Your pain may or may not return when the nerves regenerate.* If it does, another RFA can be done after (6 months - 2 years) from today's procedure.



Enhance Center

Interventional Spine & Sports

34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

Patient Instructions: Post Procedure Fall Precautions

After Your Procedure

- Have someone check on you for the next 12 hours.
- Always have a way to call for help. If you have a cell phone or portable phone, always keep it with you for the next 12 hours.
- Keep a phone next to your bedside or area where you rest post-procedure.
- Keep a list of emergency numbers near the phone.

To Get Up from Bed

- Clear bed sheets from your feet.
- Move to the edge of the bed and roll onto your side. Push yourself up with your hand.
- At the same time, swing your legs over the side of the bed.
- Sit on the edge of the bed for at least 30 seconds before standing up.
- With both feet firmly on the floor, put your hands beside you on the bed and slowly push yourself up.

Get Help to Move Around

- Take your time getting up at home and if needed, ask someone to help you.
- Sit up slowly and with help.

Keep Things Within Reach

- Keep the things you use often within easy reach, like tissues, remote control, snacks and drinks.

What to Do If You Fall

- Above all try to stay calm
- If you start to fall, try to relax your body. This will reduce the impact of the fall.
- Call family member for assistance.
- Don't rush to get up. First, make sure you're not hurt.
- Be sure to get checked by your healthcare provider for any injuries.

Using Curbs and Stairs

- Curbs, steps, or uneven pavement can trip you. Take care when near them.
- Check the height of a curb before stepping up or down. Be careful with uneven and cut-out sections of curbs.
- Don't rush when crossing the street. Watch for changes in pavement height.
- On stairs, grasp the handrail and take one step at a time. If you ever feel dizzy on stairs, sit down until you feel better.