

Radiofrequency Denervation/Ablation

1. The effects of any local anesthetic injected typically wears off in about 4-8 hours. You may experience numbness or weakness down one or both arms or legs depending on the level injected. You may experience some bruising or tenderness at the injection site(s). You may experience soreness at the injection site for a few days following the procedure. **Pain may then return to its previous or an elevated level.** Ice packs are helpful if this occurs. Do not apply ice packs for longer than twenty (20) minutes at a time. We recommend 20-min on and 40-min off.
2. It may take several weeks before the results of this procedure are known, on average most patients notice improvement in 2 weeks
3. You may resume your normal activity the day after your procedure. Be careful negotiating around steps, curbs, rugs, bathtubs or other uneven surfaces until normal muscle strength, balance and/or equilibrium returns as these can be side effects from the procedure.
4. You may remove the band aids after a few hours and shower after your procedure, but please do not soak in a bath or hot tub or use a heating pad within the first 24 hours following the procedure.
5. You may resume taking all your medications unless otherwise indicated by your doctor. If you are scheduled for another procedure, please do not resume medications/vitamins that were listed to hold. If you are taking blood thinning agents and are scheduled for another procedure, please follow your doctors' guidelines.
6. Do not drive for up to 12 hours after your procedure.
7. Please call the Pacific Sports and Spine during office hours for any unusual effects such as the following:
 - a) unusual persistent pain symptoms
 - b) intense headache or severe worsening of pain
 - c) shortness of breath or difficulty breathing
 - d) redness or swelling at the injection site that lasts for more than 1 day
 - e) discharge from the injection site
 - f) a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart