



## **Education**

### **Post Radiofrequency Denervation Procedure Instructions**

Today you received a therapeutic injection to treat the pain you are having that is originating from the joints in your spine. You have been given a local anesthetic agent which blocks pain perception.

#### **Please observe the following:**

- 1) Do not drive or operate machinery for the next 12 hours
- 2) Do not engage in strenuous activity for 24 hours
- 3) You may resume your usual diet
- 4) Keep your band-aid dressing clean and dry for 24 hours (no shower or tub bath for 24 hours)
- 5) You may experience soreness at the injection site(s)-this is normal for the next 2-3 days and you may apply an ice pack (20 minutes on and 20 minutes off)-do not use heat for the next 24 hours
- 6) You may resume all of your usual medications to include prescription and over-the-counter medications unless instructed below
- 7) Restart the following medications as listed: Medication \_\_\_\_\_ Date to restart \_\_\_\_\_ Time to restart \_\_\_\_\_
- 8) It is common that you may experience some increased pain and/or muscle spasms in the area being treated temporarily following the procedure. Please take over the counter medications as medically appropriate for you or your prescribed medications as they are currently ordered if needed. If these medications are not helping, please contact our office

#### **Call our office immediately or go to the nearest Emergency Room if you develop any of the following:**

- 1) Any *new, unrelieved* pain
- 2) Any *new* or increased numbness, weakness or tingling in the extremities
- 3) Any signs of infection such as redness, fever, swelling, chills or drainage at the injection site(s)
- 4) A severe headache that does not subside with usual measures
- 5) Loss of control of your bladder or bowels
- 6) Any other problem you feel may be related to this procedure

#### **\*\*You may contact our office at 540-374-3233 Monday-Friday from 8:00am-4:30pm\*\***

\*If you would like to have access to our FollowMyHealth patient portal where you can send messages directly to your provider, the nursing staff, the reception staff to make or cancel appointments or to our insurance representative, please complete a portal request form at the front desk in our office or send us a message through the "contact us" form on our website at [www.visarelievespain.com](http://www.visarelievespain.com). We will need your name, date of birth and email where you would like the portal invitation sent.\*

**\*\*A copy of this document was printed and provided to the patient at discharge.\*\***