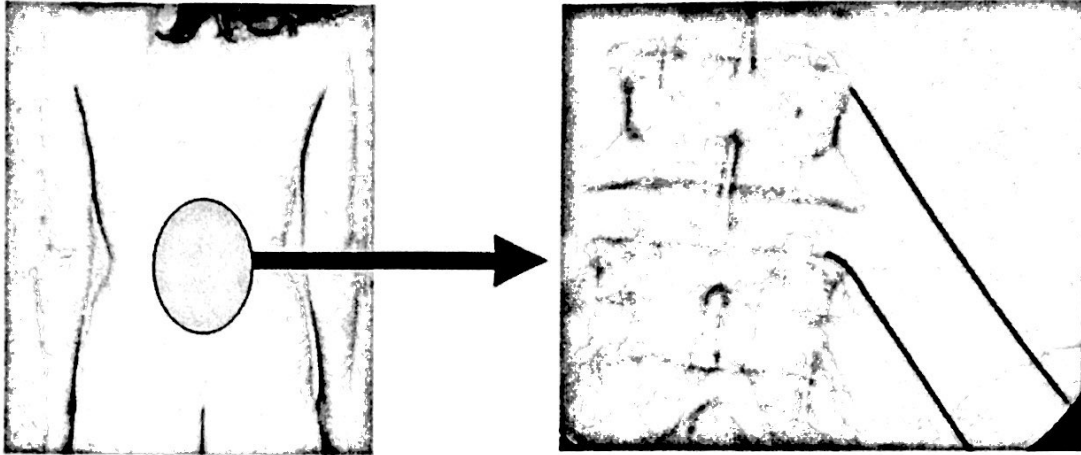


Medial Branch Radiofrequency Ablation to the Z-Joints (Facets)



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- **WHAT IS RADIOFREQUENCY NEUROTOMY OF THE Z-JOINT (FACET) MEDIAL BRANCH NERVES?** *The Z-joints are located in the back of the spine and prevent excessive twisting of the spine. If it has been determined through a medial branch nerve injection (diagnostic) that the pain is emanating from the joint, then radiofrequency ablation (therapeutic) of the small nerve going to the joint may be employed for longer acting relief from pain due to arthritis or joint damage to the neck or low back. The radiofrequency current causes an interruption in nerve transmission of pain that can last up to 18 months, but is usually less. After needle placement, you may be asked questions during the procedure about any mild electrical signals you feel or if you experience any other sensation.*

- **DOES THE RADIOFREQUENCY HURT?**

After the needles are placed, local anesthetic is injected before the radiofrequency is activated. Most patients tolerate the procedure well, although some physicians will elect to incorporate sedation in selected situations.

- **SPECIAL INSTRUCTIONS:** *If no sedation is scheduled, you may eat and drink normally on the day of the procedure. If sedation is to be used, then you should have nothing to eat or drink after midnight on day of the procedure except for the daily medications, withholding those listed below. If sedation is scheduled, then you will need a driver afterwards.*
- **MEDICATIONS TO STOP BEFORE THE PROCEDURE:** Stop Plavix 7 days before the procedure Stop coumadin and warfarin 5 days before the procedure.

See the second page of this instruction sheet for more information

- **RISKS:** Bleeding, infection, abscess, nerve injury, spinal injury, spinal headache are all very rare. However dysesthesia (burning like pain in the low back, buttock, and thigh) is not

uncommon, but this side effect is temporary.

- **AFTER THE PROCEDURE:** *You will be in our clinic for about 20-30 minutes after the procedure and should be able to drink juices and have a clear head before discharge without any leg weakness or significant numbness. However, occasionally one might experience some temporary leg numbness due to the anesthetic injected during the procedure, therefore the patient should have assistance available if needed to walk during the first several hours, and should not attempt to drive the same day.*

- **DISCHARGE INSTRUCTIONS:**

- **Activity:** Resume normal gradually over a few days.
- **Diet:** Resume normal diet
- **Medications:** Resume normal medications unless otherwise instructed.
- **Dressing:** You may have a small bandaid or Band-Aids placed over the injection site. This can be removed the next day
- **Discomfort at the Injection Site:** Apply ice wrapped in a washcloth for short periods of time (20 minutes per hour) during the first 24 hours.
- **Side Effects:** Possible side effects of local anesthetics used include numbness of the leg or arms. Let us know if this occurs. If you experience new onset severe generalized weakness during the first week after the injection, call our office. If you develop fever of more than 100.4 degrees during the first few days after the injection or severe increase in pain in the back or neck, notify our office.
- **Return to Normal Activities:** You may experience some numbness in the skin over the back during the first several hours and numbness in the thigh for a period. There may be temporary numbness in the leg or foot up to 12 hours however notify us immediately if this occurs and the physician was not aware of this at the time of your discharge. refrain from operating motor vehicles within the first 12 hours after the injection.

• ***EMERGENCY CONTACT TELEPHONE NUMBER 504-842-5300***
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