



ADVANCED PAIN MANAGEMENT
OF CENTRAL INDIANA
Targeted Pain Relief.

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DISCHARGE INSTRUCTIONS FOR RADIOFREQUENCY NEUROTOMY

You will find the area will be more tender or sore after this procedure than it was for the medial branch blocks. It may be sore for a few days. You may take pain medicine such as Tylenol, Advil, or Aleve. We recommend that you use an ice pack (such as a gel ice pack) on the area, 15 minutes on, remove, repeat today and throughout the day tomorrow. If you are experiencing more pain than expected, call the office. 317-572-2240.

We recommend that you "take it easy" today. You do not need to lay flat or perfectly still. We recommend that you do not exercise today or do vigorous activity. You may return to your usual activity tomorrow, using best judgement. We can give you a work excuse if you need it.

You should avoid driving for the rest of the day, as you probably had sedation for the procedure.

You may eat or drink anything you like, there are no eating restrictions.

Keep the injection site clean and dry. You may remove the bandage at any time. You may notice bruising at the injection site.

You may shower. Please refrain from soaking, such as in a bathtub or hot tub for 48 hours, to avoid the risk of infection.

If the injection site looks infected, call the office immediately. Signs of infection include redness, swelling, oozing or if you develop a fever. Our office number is 317-572-2240.

Occasionally patients that have undergone a radiofrequency can experience neuritis, which is a temporary burning sensation in the area, which may or may not be red. Usually this is minor and will subside within 10 days. Rarely it can be more severe. If you are experiencing intense burning or redness at the site, call the office. There is medication that can help.

We will need to see you for follow up in 5 weeks. Patients usually experience gradual dissipation of the pain in less than 5 weeks, but it can take up to 5 weeks to obtain the full effect from the procedure.