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## RADIOFREQUENCY ABLATION INSTRUCTION SHEET

### Information for Patients and their Families

Your doctor has recommended radiofrequency ablation to help with the pain in your neck or back. This procedure deactivates minor nerves around the spine. This is done using radiofrequency energy to heat the surrounding tissue and deactivate the nerve fibers that register pain. The doctor will access the affected nerve using fluoroscopy (x-ray) for guidance. Once properly positioned, a special probe then allows for the delivery of radiofrequency energy to the targeted area. The results of this procedure can last from months to years.

Your doctor will explain the procedure to you and discuss the risks and benefits, and obtain your consent. The procedure takes approximately 1 hour. The total time in clinic is usually about 2 hours. Your doctor uses fluoroscopy (x-ray) for these procedures.

**Notify your doctor if there is any chance that you are:**

- 1. Pregnant or chance of being pregnant.**
- 2. Allergies to: anesthetic, steroids, radiologic dye or seafood.**
- 3. Taking blood thinners or bleeding disorders.**
- 4. Diabetic or have uncontrolled blood pressure problems.**

**Please follow these directions before having this injection:**

- **Please stop eating and drinking 4 hours before the procedure.** Essential medications can be taken with water if necessary.
- **Please notify us if you are taking the following medications:**
  - ❖ **Coumadin or Warfarin (blood thinners)** – let us know prior to the day of the injection as this will need to be stopped and blood work done prior to the procedure.
  - ❖ **aspirin, plavix (clopidogrel)** – stop taking for 5 days prior to the procedure.
  - ❖ **non-steroidal anti-inflammatory medications** (ibuprofen, motrin, advil, aleve, naproxen, celebrex, bextra, prednisone, etc.) – stop taking for 3 days prior to the procedure.

Take your usual medications on the day of procedure, with the exceptions as discussed above.

- **You will need someone to drive you home.** The exception is if no sedation is used.
- **Sedation is available upon request.** Valium or xanax can be prescribed. This should be taken 1 hour prior to the procedure. IV Sedation is available as well. Please discuss this with your doctor before the day of the procedure.
- **If you are diabetic** please check your blood sugar before your appointment. The injection may cause your blood sugars to elevate. After the injection, check your blood sugar frequently for the next 2-3 days after the injection. Make adjustments as necessary.

**Please call us with any questions or concerns at 303-494-7773**