

Patient Name _____ MR Number _____

Post Procedure Discharge Instruction for Radiofrequency Medial Branch Ablation

The purpose of your procedure is to provide long term relief of your symptoms. It is common to feel an increase in your pain after the procedure due to secondary muscle spasms.

A driver must accompany you and be responsible for getting you home. No driving is allowed the day of the procedure. You should also have assistance available, if needed, to walk for the first several hours following the procedure.

Apply ice packs for 10 minutes every 2 hours, as needed for pain. Please refrain from the use of heat or heating pads for 48 hours.

If you develop any of the following symptoms, please call the office at 518-487-4093/518-487-4095.

- A temperature of 100 degrees or higher
- Excruciating pain. You may apply ice packs at the site of injection for 15 to 20 minutes every 3 to 4 hours as needed for pain
- Increasing weakness in the arm/leg
- Allergic reaction including itching or hives
- Redness, swelling, increasing pain, bleeding or discharge from the injection site
- Headache in the standing or sitting position which is fully relieved by lying down
- Loss of bowel and/or bladder control
- Sudden shortness of breath or chest pain if you have received a lower cervical thoracic block

Please contact our office at the number above to make a follow-up appointment. We ask that you keep a diary of your pain scale (0-10, 10 being the most severe pain) and bring it with you to your next appointment. You may need to have a trigger point injection to treat the muscle spasms.

It may take 4 to 6 weeks for you to notice the full benefit of this procedure. It is important to have realistic expectations.

Patient Signature: _____ Date: _____

Instructions given by: _____

* If you develop these symptoms after the normal working hours between 8:00 am to 4:30 pm, please contact the emergency department of Albany Memorial Hospital or any other hospital close by.