

What should I expect after the procedure?

- You may not drive yourself home.
- You may have sore muscles for up to a week.
- Ice packs may help.
- Your doctor will discuss what medication to take to help your pain.
- Most people have pain relief within a month.
- Sometimes, pain relief can take 4-6 weeks.

May I go to work the next day?

- You may be able to go to work the next day
- In some cases, soreness at the injection site may cause you to miss a day or two of work.

How long will the pain relief last?

- Your pain relief may last from 3-18 months
- Your pain may come back over time as your nerves re-grow
- You may have the procedure again

What are the risks and side effects?

Side effects from the procedure may include:

- discomfort at the injection site
- infection
- nerve damage

You should not have this procedure if:

- You are allergic to any of the medicines that will be used
- You did not stop taking your blood-thinning medicine
- You have an infection

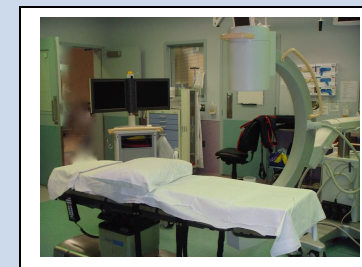
If local anesthetic blocks did not help you, you may not be a candidate for this procedure.

Pain Management Clinic
Jim Pattison Outpatient Care and Surgery
Centre
9750 140th Street
Surrey BC
604-582-4587

Print Shop # 255837 (Oct. 2012)

www.fraserhealth.ca

Radiofrequency Lesioning



Pain Management Clinic

 **fraserhealth** Better health.
Best in health care.

respect · caring · trust

What is Radiofrequency (RF) lesioning?

- Radiofrequency lesioning is a procedure that uses special needles to send radio waves (heat) along a nerve.
- The needles heat the nerve for about 2 minutes to prevent the nerve from carrying pain signals.

Will it work for me?

- RF lesioning may help people with certain types of low back or neck pain.
- If you respond well to a temporary “nerve block” you may be offered RF lesioning for pain relief that lasts longer.
- 70-80% of people who have RF lesioning have less pain in the area that the blocked nerve controls.

How long does the procedure take?

- It takes from 30 minutes to an hour.

Where is the procedure done?

- Go to the Surgical Admissions Area on the 4th floor.

Will I be "put out" for this procedure?

- This procedure is done using local freezing.
- It is important for you to be able to speak with your doctor during the procedure.
- Your doctor may give you some medicine to make you feel sleepy.

Will it hurt?

- You will feel a pinch and some burning
- You will feel pressure from the needle
- You may feel tingling, buzzing, twitching or tapping when the needle position is being tested
- Your doctor will inject more freezing if you feel pain

How should I prepare?

Stop taking the following medications prior to your procedure:

Coumadin/Warfarin5 days before
Plavix/Clopidogrel.....7 days before
Pradax/Dabigatran.....3days before

Note:

Don't hesitate to ask your doctor or NP about stopping your medication

- Your doctor will tell you if you need an INR (blood test) before the injection
- Please take all of your other medicines at their regular times
- Eat a light meal the day of your procedure
- Plan to take it easy for the rest of the day following your procedure

Note:

Be sure to read the Procedural Sedation patient information with your doctor or nurse practitioner.

What should I expect during the procedure?

- The procedure will use x-ray to put the needles in the right place
- Radio waves will be used to heat the nerve.