



DISCHARGE INSTRUCTIONS FOR RHIZOTOMY/RF ABLATION PROCEDURES

- Cervical
- Thoracic
- Lumbar
- SI Joint
- Genicular

MEDICATIONS: You may resume taking your pre-injection medications immediately. If you are taking a blood thinner, you may resume it 12 hours after your procedure

SEDATION: If you received sedation during your procedure you must have a responsible adult drive you home. Avoid driving, operating machinery, or making any major decisions for 24 hours after the procedure.

ACTIVITY: You may experience increased discomfort for 24-72 hours after the injection due to irritation from placement of the needle. Limited activity and rest is recommended for this time period. Avoid heavy lifting, unusual positions, vigorous exercise, or other maneuvers which can exacerbate your pain. You may gradually resume regular activities as your discomfort subsides. Maximum results may not be achieved until 2-6 weeks post procedure.

CARE OF INJECTION SITE: Shower only (do not submerge body in water today). Resume your pre-procedure diet. It is common to have some pain and discomfort at the procedure site. Use ice only for the first 24 hours. Apply ice to the area 20 minutes on then 20 minutes off. You may use moist heat or ice after 24 hours (whichever you prefer).

Please call the office if you experience signs or symptoms of an infection: redness, swelling, drainage, fever (over 100.5) or if you have any change in your bowel or bladder control, have increased numbness, tingling or weakness in your feet, severe leg pain or arm symptoms. If you cannot reach the office please proceed to nearest ER.

NOTES: _____

Please call Advanced Pain Solutions at (616) 841-2615 if you have any questions or concerns.

X _____

(Patient Signature)

Date: _____

X _____

(RN/MA signature)