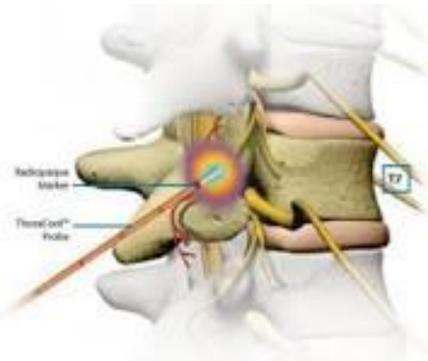


# Interventional Spine & Pain Rehabilitation Center

## Radiofrequency Handout

The following will help you understand what is happening and what we hope to accomplish. Although Dr Mike has explained the procedure in detail, there are still many questions you and your family may have again. Most of the procedures take 3 to 5 minutes, but radiofrequency takes about 20 minutes. You should plan to be here about an hour. You may hear the RF referred to as ablation, rhizotomy, "burning"



The Radiofrequency or "RF" can be done for chronic pain in the spine anywhere from the neck down to the tailbone. It is simply buzzing the small joints of the spine so that they do not hurt anymore. We hope for longer more permanent relief and usually we do RF when you have only temporary relief from a basic injection. If we are talking about RF then you have probably already had at least one facet injection – and the RF is done with the same size needle and in the same way. It takes a few minutes longer because the computer has to go through it's cycle. Sometimes we go straight to the RF such as when someone has major medical issues and we do not want to expose them to any steroid or contrast agent, or when someone is elderly and we want to jump ahead in their care, but insurance usually mandates that we do a basic facet injection first. X-ray guidance is used to enable the doctor to place the probe safely in the right place. You will get plenty of numbing medicine, and the numbing medicine is mixed with a type of baking soda so you feel even less discomfort.



If you are nervous we can place an IV and you can be sedated., but you must be scheduled as a sedation.

### :On the Day of Your Radiofrequency:

- Take all your regular medicines that morning , including any pain medications, with a light breakfast
- You should plan to go home and not plan anything the rest of the day. You can resume your normal activity the next day.
- You will get standard written instructions after your procedure
- If you are not able to make your appointment for any reason, you must call and cancel 24 hours prior to the procedure, otherwise you will be directly billed a "No Show" fee. – there are usually many patients on a waiting list that can be called-in if you were the cancel for any reason
- If you use insulin**, eat a light breakfast and cut your morning dose of insulin in half. If you do not use insulin, you do not need to adjust any of your medications.