



## Cryoanalgesia

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| <b><i>What is it?</i></b>               | Cryoanalgesia is a method of relieving pain by freezing the affected nerve, causing an interruption of pain impulses to the brain.  |
| <b><i>Why is it done?</i></b>           | The procedure is usually performed to relieve pain from peripheral nerves (nerves that connect the brain or spinal column to areas outside the central nervous system). This pain often originates in the greater occipital nerves at the back of the head; the ribs, sacroiliac joints (connect the base of the spine to the pelvis), or vertebra. This treatment is usually performed after a diagnostic procedure involving local anesthetic (numbing medication) and a cortisone derivative (anti-inflammatory medication) has shown at least temporary relief of symptoms.   |
| <b><i>How is it done?</i></b>           | Depending on the area affected, you will be asked to either sit or lie down on the cushioned x-ray table in the procedure room. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin. Then a small incision is made into the skin, and a small probe is inserted into the area. Occasionally fluoroscopy (x-ray) may be used to assist in proper placement. With the probe in place, a machine connected to the probe will be turned on and a small ball of ice will form around the tip of the probe. Freezing the nerve results in an interruption of the transmission of the pain impulse. The probe is removed and a small band aid is applied if needed.  |
| <b><i>Is there any preparation?</i></b> | You may receive conscious sedation. Conscious sedation is medication given through an IV (tube) in a vein in your arm. The medication will help you relax, but it will not put you to sleep. If you opt to have conscious sedation, you <b>MUST NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. You may, however, take your medication with a <b>small sip of water</b> .  |
| <b><i>What to wear?</i></b>             | Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.  |
| <b><i>How long does it take?</i></b>    | We ask that you arrive 30 - 45 minutes before the scheduled time of your procedure. The procedure lasts about 15 - 30 minutes. You will be in the recovery area about 15 minutes.   |
| <b><i>Risks</i></b>                     | The risks of this procedure include , but are not limited to : <ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* Temporary numbness or weakness in one or both legs. This is normal. You should have assistance with walking and should not drive for 24 hours.</li> <li>* Punctured lung resulting in lung collapse (pneumothorax). This may require hospitalization and insertion of a chest tube.</li> <li>* Bleeding in the injection area.</li> <li>* Infection in the injection area.</li> <li>* Increased pain</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul> |