

## Radiofrequency Denervation

<b>What is it?</b>	Radiofrequency Denervation is a procedure that helps reduce pain in a specific area by using a heated probe to destroy a nerve or group of nerves. The procedure interrupts the pain signal to that specific area, disrupts nerve conduction for prolonged periods of time and may reduce pain. Since nerves have been known to regenerate and reestablish pain pathways, it may be necessary to repeat the procedure from time to time.
<b>Why is it done?</b>	The procedure is performed to relieve pain in the neck or back. Typically, the pain is centrally located and related to degeneration (deterioration) or arthritis, especially involving the facet joints (true joints of the spine). Normally, the radiofrequency denervation (lesioning) of the facet joints is done after a diagnostic procedure using local anesthetic (numbing medication) and a cortisone derivative (anti-inflammatory medication) has shown at least temporary relief of symptoms. If relief is obtained with the diagnostic blocks, then a more permanent radiofrequency procedure may be considered.
<b>How is it done?</b>	When you are in the procedure room, you will be asked to lie either face down (for upper or low back) or on your back (if the area is in the neck) on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin in the treatment area. Next, small needles will be placed in the side of the back or neck with the aid of a fluoroscope (x-ray machine) to ensure correct needle placement. A microelectrode (small instrument that conducts electric current) is then inserted through the needle. You will then be asked if you feel a tingling sensation, which indicates that the electrode has been placed in the correct position to obtain maximum pain relief. Once placement is determined to be correct, radiofrequency current is sent to the tip of the electrode, causing the area to heat up and eliminate the pain pathway. The needles are removed and small band aids are applied.
<b>Is there any preparation?</b>	You may receive conscious sedation. Conscious sedation is medication given through an intravenous (IV) catheter (tube) inserted in a vein in your arm prior to the procedure. 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>Please be advised that the amount of sedation given will be minimal, since communication between the physician and patient during the procedure is important.</b>
<b>What to wear?</b>	Please wear loose, comfortable clothing leave all jewelry, and other valuables at home. You must remove <b>All</b> seen and unseen piercings.
<b>How long does it take?</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>Risks of this procedure include, but are not limited to:</b>	<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 and 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>* 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>

**Instructions Regarding Your Procedure**  
**Radiofrequency Denervation**

Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, <b>AND</b> she will confirm your appointment. We must have <b><u>a verbal confirmation from you 24-48 hours prior to your procedure.</u></b> Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	<input type="checkbox"/> You <b><u>MUST</u></b> have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat Breakfast? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, you can eat a light breakfast or light lunch  <input type="checkbox"/> No, <b><u>DO NOT EAT OR DRINK</u></b> for <b>4</b> hours before your procedure. However, you may take your medicine but only with a <b><u>small sip of water.</u></b>
Should I stop taking aspirin?	<b>If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).</b>
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, you can continue to take your aspirin for cardiac or stroke prevention, not to exceed 325mg per day.
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for <b>blood thinners.</b> <input type="checkbox"/> Yes, only with a <b><u>small sip of water,(you must not take your blood thinner)</u></b>
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. <b>PLEASE BE ON TIME.</b> <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <b><u>1½ -3 hours</u></b> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You <b><u>must</u></b> bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. <b>A written</b> list of all your current medications <b>including the strength and frequency</b> you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.