



WHAT TO EXPECT: RADIOFREQUENCY DENERVATION

PURPOSE: If this procedure has been recommended for you then you had an appropriate test response to the medial branch block procedure. The RF procedure aims to reduce the pain caused by degeneration or arthritis through cauterization of the small nerves that enervate the facet joints.

PROCEDURE: This is performed in our procedure suite at our office.

- **Local Anesthetic Injected:**

The procedure is typically performed with the patient lying down on their stomach. Intravenous conscious sedation may be administered due to the length of the procedure and the level of discomfort. Please see separate sedation sheet for more information. The skin and tissues overlying the region are numbed with a local anesthetic delivered through a small needle.

- **Needle Positioned:**

After the skin and tissues are numb, using x-ray guidance (fluoroscopy), your doctor guides a needle close to the irritated nerves in the back or neck through which the cauterization will occur. The position of the needle is then tested utilizing sensory and motor stimulation to ensure correct placement. Questions will be asked of you during this part of the procedure regarding when and where you feel the stimulations.

- **Anesthetic Injected:**

Anesthetic is injected around the placement of the needle and the cauterization is then performed.

- **Steroid Injected:**

A combination of anesthetic and steroid are injected at the needle site to reduce pain and inflammation the day of the procedure and for the subsequent weeks of recovery.

- **End of Procedure:**

The needle is removed and a small dressing is applied. Vital signs will be monitored for

approximately 15- 20 minutes in an exam room before the patient is released to their guardian/driver. Total time in office will be approximately one and a half to two hours.

Occasionally, the procedure can cause the pain to increase for several weeks before it improves your symptoms. Ice, non-steroidal anti-inflammatories and pain medications are advised if this is the case.

The procedure is not permanent, the small nerves will regenerate. Pain relief typically lasts between six months to two years.

Please call us with any questions or concerns at 970-615-7223