

## **Rhizotomy/Radiofrequency Ablation**

Your doctor will use heat to burn the sensory nerve endings to stop the nerves from telling the brain that you're feeling pain in the joints in your back and neck. Numbing medication is used both on the skin as well as the area around the nerve to help you tolerate the procedure. Most patients find great and lasting relief from their pain following this procedure. The pain does eventually return as the nerve grows back.

### **Pre-Procedure**

- When you arrive, you will check in with registration and will be given a short questionnaire to fill out about your symptoms.
- A staff member will bring you to a suite to verify your health information, medications, allergies, and the intended procedure.
- We will perform a few short tests to be certain the procedure is safe
  - o Blood pressure, heart rate, and oxygen saturation

### **During the Procedure**

- You will be transported to the procedure room where all details will be verified with you, the staff, and your doctor.
- You will see an x-ray machine in the room, which is used to:
  - o Guide the doctor and show important landmarks in the spine
  - o Show the doctor where to inject the drug with the use of contrast dye (please inform the staff if you have a contrast dye allergy)
- You will be assisted onto the procedure table
- Your doctor will clean the skin to help prevent infection
- Your doctor will insert a very small needle to numb the skin
- The doctor will perform brief nerve stimulation (*not painful*) and will ask you about specific sensations you may be feeling to make sure the instrument is in the right spot
- The procedure is roughly 20-30 minutes and is tolerated very well
- A Band-Aid is usually placed at the site of the procedure

### **Post-Procedure**

- Staff will check on you to make sure you are doing well
- They will take at least one more blood pressure reading
- The staff will let you go when you feel ready and they feel you're ready (usually 10 minutes or less)