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Your provider has recommended that you have a spinal injection to help reduce pain and improve function. Injections are a less invasive, relatively conservative treatment option for pain. They can be more effective than an oral medication because they deliver medication directly to the anatomic location that is generating the pain. They can help relieve pain by reducing inflammation. An injection can also help your provider identify the source of your pain by numbing certain areas of your back. The type of injection you receive is based on your specific symptoms and the physical examination performed by your health care provider.

MEDIAL BRANCH RADIOFREQUENCY

How is it done?

You will be given IV (intravenous line) sedation along with a local skin anesthetic. A Radiofrequency needle will be inserted into the skin and just outside the joint. The end of the needle is heated with radio waves and applied to the sensory nerve in order to disable the nerve. The radiofrequency should effectively prevent pain signals from getting to the brain.

General Pre/Post Instructions

You will be given an IV (intravenous line) sedation along with a local anaesthetic. This means that you will be conscious but very relaxed and the area of the injection will be numbed. You will need to have nothing to eat or drink after midnight the night before. If you take medications in the morning, you may do so with a small amount of clear liquid (water, apple juice, etc). You will need to have someone to drive you home after the procedure and you should not drive for 24 hours. You will not be able to perform regular daily duties such as work, school, driving, etc that day as the anaesthesia will take approximately 24 hours to get out of your system. If you are taking a blood thinner, please be sure to let your provider know.

Expected Results

Generally, pain relief is expected 4-6 weeks after the procedure and can last anywhere from a few months to a few years. Please be aware that it is expected and completely normal that your pain could increase before it starts to decrease. Each patient will respond differently to the injection, and the degree and duration of the pain relief will differ.

Expected Time of Procedure

The time of the actual procedure is usually from 30-45 minutes. However, because of the IV sedation, you will be monitored afterward for at least 30 minutes. Please expect to be in our clinic for approximately one to two hours. Your driver is not required to be here during the procedure but must be here to check you out.

Additional Information

Our office will contact your insurance regarding the benefits and preauthorization for your injection. You may contact our office with any questions regarding your coverage. Family members, as always are welcome in our office, however, for privacy purposes they will not be able to accompany the patient to the procedure room.

Procedure Date: _____ Time: _____ Provider: _____

Follow up Date: _____ Time: _____ Provider: _____

For questions regarding scheduling or insurance call Annie at 262-7246 x114