



Southeast Spine  
and Pain Associates

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## Lumbar Radio Frequency Ablation

30 minutes

Driver Optional

### *About your procedure:*

A radiofrequency neurotomy is a type of injection procedure used to treat facet joint pain or sacroiliac joint pain caused by arthritis or other degenerative changes, or from an injury. In this procedure, a heat lesion is created on certain nerves with the goal of interrupting the pain signals to the brain, thus eliminating pain. The terms radiofrequency ablation and radiofrequency neurotomy are used interchangeably. Both terms refer to a procedure that destroys the functionality of the nerve using radiofrequency energy.

There are two primary types of radiofrequency ablation:

- A medial branch neurotomy (ablation) affects the nerves carrying pain from the facet joints
- A lateral branch neurotomy (ablation) affects nerves that carry pain from the sacroiliac joints.

These medial or lateral branch nerves do not control any muscles or sensation in the arms or legs, so a heat lesion poses little danger of negatively affecting those areas. The medial branch nerves do control small muscles in the neck and mid or low back, but loss of these nerves has not proved harmful.

Read More: <http://www.spine-health.com/treatment/injections/radiofrequency-neurotomy-facet-and-sacroiliac-joint-pain>

### *Instructions:*

- Stop any anti-coagulants (blood thinners) as advised by your physician.
- All procedure preparation instructions must be followed by the patient, or the physician reserves the right to reschedule your procedure.
- Inform your physician before your procedure if you are or could be pregnant.

### *What to expect:*

- If you experience an increase in pain the day following your procedure, remember that this is normal. This pain is due to the local anesthetic from your procedure wearing off.
- Pain relief varies by each patient. Some patients experience relief immediately after the procedure, and some patients may require a few days for the procedure to take effect.

### *Complications to look for:*

- Numbness, weakness, or tingling in your limbs (arms & legs) lasting greater than 24 hours
- New or unusual headaches or neck stiffness
- Unusual swelling or redness around the injection site
- If you experience any of these symptoms, please call our office at (865) 633-9469.
- If you experience difficulty breathing, chest pain, or any emergency, please call 911 or go to the nearest emergency hospital.