



## Radiofrequency Ablation Post Care Information

Procedure: \_\_\_\_\_

Radiologist: \_\_\_\_\_

1. The injected site may become mildly painful several hours after the injection when the local anesthetic wears off. Some discomfort can last up to 14 days following your procedure. If you require relief from this discomfort you can try the following:
  - Apply ice to the area of treatment.
  - If you normally take over the counter pain medication you can try a medication like Tylenol or Advil (up to 2 tablets every 4-6 hours) or as prescribed by your physician.
2. Keep the area clean and dry. Avoid hot tubs, pools or baths for 48 hours. You can Shower.
3. You should rest for 24 hours after your procedure and avoid strenuous activity for 3-5 days.
4. You may experience temporary weakness in the leg(s) following the Radiofrequency Ablation, this will resolve as the anaesthetic wears off. Please use caution when standing and walking for the rest of the day.
5. You should not drive or operate heavy machinery for 24 hours after your treatment.
6. Cortisone may elevate your blood sugar level. If you are diabetic and monitor your blood sugar, you may have to adjust your medication accordingly.
7. If you experience hypersensitivity, numbness/tingling or a burning sensation (similar to a sunburn) at the area of treatment that persists beyond 2 weeks please contact our clinic to discuss treatment options.
8. Today's procedure was performed under sterile conditions and the risk of infection is very low. Contact your family doctor or go to a hospital emergency department if there are signs of infection such as swelling, warmth, redness, fever or chills.

**REMEMBER** – The pain relief may last upwards of 9 months. Over time the nerves treated by the radiofrequency ablation will regrow and your pain may return. This procedure can be repeated yearly as needed. If at anytime you begin to feel your pain coming back, please call the clinic at **587-885-2988** for an appointment. We will be happy to see you.

If you have any concerns directly related to your most recent injection, and you would like to speak with a nurse, please call (825) 904-8805. Our regular hours of operations are Monday to Friday, 8:00 am to 4:00 pm. If this is an emergency, please go directly to the nearest emergency department.

***Thank you for choosing Beam Radiology for your care.***

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