

**Discharge Instructions Following a Radiofrequency Neurotomy**

**Instructions:**

1. **Rest today:** No strenuous activity or activities that causes pain or discomfort. Tomorrow you may resume your normal activities as you are able.
2. **Keep the injection site clean and dry:** You may shower, but not submerge injection site for 48 hours.
3. **Use an ice pack for the first day.** Alternate 20 minutes on and an hour off.  **DO NOT USE HEAT** during the first 48 hours.
4. **You may have increased pain at the injection site**: Some pain is normal, and it should decrease in 1-3 days **Common side effects:**
5. It is typical to experience soreness at the injection site.
6. Common side effect from this procedure is Neuritis, this is temporary. This is where the nerve becomes inflamed. You may feel tenderness or a “sun burn” sensation on your skin. If you experience this, please notify our office.

**If you have any questions or concerns, please call:**

**Dr. Beecher 435.613.7246**

**Notify MD or nurse if you have:**

* Increased severe pain
* Skin redness or swelling at injection site
* Hives or itching
* Excessive bleeding
* Temperature greater than 102
* Loss of bowel or bladder function

**This procedure may be repeated every 6 months if needed. If you do not experience adequate relief, please contact our office to make a follow up appointment to discuss other options.**

**It may take up to 4-6 weeks to see the full benefit of the Radiofrequency Neurotomy.**