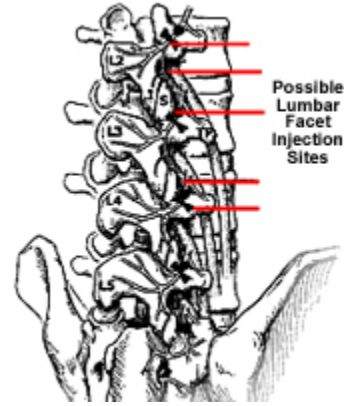


What is Facet Rhizotomy?

A Cervical, Thoracic, or Lumbar Rhizotomy is a procedure that destroys facet nerves by using heat generated by radio-frequency energy to decrease chronic pain emanating from the facet joint(s).



Radiofrequency Generator



Lumbar spine showing several injection points for Facet Rhizotomy

Frequently Asked Questions

Why is a Rhizotomy helpful?

The radiofrequency lesioning used in a Rhizotomy procedure is a safe, proven means of effectively providing lasting relief from chronic pain. Pain relief usually lasts for 3-12 months depending on the individual.

Am I a candidate for Facet Rhizotomy?

Your physician can decide whether this procedure is the right treatment for your chronic pain. Your physician may use nerve blocks to see if you might respond to Radiofrequency Lesioning.

What can I anticipate during the procedure?

An IV will be started so that relaxation and pain medicine can be given. You will lie on your stomach and your skin will be cleansed. Next, the doctor will numb a small area of skin with a local anesthetic, which may sting for a few seconds. Then the doctor will stimulate the nerves near the tip of the needle to make sure the needle correctly placed. When the accurate placement of the needle has been determined, radiofrequency lesioning treatment will begin. During treatment, a radiofrequency generator transmits a small radiofrequency current through the insulated needle to disrupt the specific nerve sending pain signals to your brain. More than one area may need to be treated to achieve optimal pain relief.

Will I be conscious during the procedure?

You will be consciously sedated with IV medication for the procedure. This will help to relax you and ease the pain. You need to be able to communicate with the doctor what you are feeling during the procedure.

Will this procedure be painful?

Unlike surgery, there is no incision and the procedure is not particularly painful. A local anesthetic and a mild sedative are used before the procedure to reduce any discomfort during treatment.

Can I drive right after the procedure?

Both the anesthetic and the sedative will affect your ability to drive for 24 hours following the procedure.

Is there pain after the procedure?

You may experience some discomfort at the site of Radiofrequency Lesioning. However, this discomfort usually subsides and can be treated with medication during this short period of time. Most people can return to work one or two days after the procedure.

What You Need to Know Before Your Appointment

- Please bring all X-rays, MRI films, etc. with you for your initial visit.
- **DO NOT** eat any solid food for at least 6 hours and **DO NOT** drink any liquid for at least 4 hours prior to your appointment.
- If you have sedation during the procedure, you will need someone to come with you and to drive you home. You will not be able to drive for 24 hours following the procedure.
- Please wear clean, loose fitting clothing such as sweats. You will be wearing these clothes during the procedure. Belt buckles and buttons could interfere with the X-rays.
- Please drink plenty of WATER the day before your procedure.
- **Diabetics**
DO NOT take your insulin or oral anti-diabetic agents on the day of the procedure. You may eat and take your diabetic medications **AFTER** the procedure.
- Please note the **Medication Guidelines** covered below.

Medication Guidelines:

Please **STOP** taking the following medications (if applicable) **seven (7) days before** your procedure:

- Arthrotec • Toradol • Ibuprofen • Anaprox • Relafen • Advil • Naproxen • Feldene
- Voltaren • Indocin • Percodan • Motrin • All pain or arthritis herbals (ginko biloba, feverfen, ginger)

Please stop taking all Aspirin products **seven (7) days before** your procedure including:

- Baby aspirin • Bufferin • Excedrin • Anacin • Asciptin • Ecotrin • Empirin • Midol • Pepto-Bismol
- Sine-Off • Sine-Aid IB • Nuprin • Dristan Sinus • Orgaran • Persantine • Aggrenox

Please call our office **IMMEDIATELY** at 253-627-2666, if you are taking any of the following medications:

- **Levenox** • **Coumadin** • **Plavix** • **Ticlid**.

•You may have small sips of water to take your routine medications that are not mentioned in the Medications Guidelines above.

Please call Cascade Interventional Pain Center at 253-627-2666 with further questions.