

RADIOFREQUENCY ABLATION DISCHARGE INSTRUCTIONS

During your procedure, we gave you medicine(s) in your IV that provided sedation and helped with discomfort. You may not remember feeling the effects of these medications because it temporarily affects your memory. The effects of the medications can be felt for several hours. You may feel sleepy, tired, and/or dizzy, and the use of your muscles may be affected. It may feel like you have lost your sense of balance. Your judgment may be affected, and reaction times, for example when driving or operating machinery, may be slower. You may not see any of these changes yourself, but you need to be aware that these changes are very common. Memory or recall of information may be affected, so keep these instructions for reference.

For your own safety and the safety of others, the following rules should be followed for the next **24 hours**:

- Do not drive for 24 hours.
- Do not use appliances or equipment that could be dangerous, such as power tools, stoves, heaters, lawnmowers, garbage disposal, etc.
- There is an increased risk of falling, so walk slowly and take your time. Be careful when getting up from a sitting or lying position. Be aware that sudden changes of position can alter your balance. It may make you feel dizzy or nauseous.
- Do not make any important decisions.
- Do not drink alcoholic beverages. The medications you received today may cause your body to have a reaction when combined with alcohol.
- Diet - if you feel nauseated or sick to your stomach, drink clear liquids like ginger ale, broth, tea, etc. You may progress your diet as tolerated, beginning with something light.
- You may use ice to the injection area to help alleviate pain. Place a cloth between your skin and the ice pack and place it on the injection area 15 minutes on 15 minutes off.
- Keep in mind, **this Radiofrequency procedure may take up to 4 to 6 weeks for the full benefit to take effect**. The way you feel after this procedure is very different from the previous test injections. Typically, most patients experience some pain several days after the procedure. This is from having those areas burned with Radiofrequency. You should notice a gradual improvement over the next several weeks.
- **If you experience pain, you should:** Rest, ice the area as described above, take your regular pain meds, and modify your activity. You should follow up with your Pain Management Provider in approximately 4 to 6 weeks or sooner if you are having issues.

You should report any of the following symptoms by contacting your referring physician:

- Headache lasting longer than 24 hours
- New-Severe pain, numbness, or weakness
- New-Difficulty emptying your bladder or problem with bladder/bowel incontinence
- Fever greater than 101
- Any redness, swelling or drainage at the injection site

Additional Instructions:
