



After your procedure

Radiofrequency Neurotomy

This information sheet provides some general advice on what to expect after your procedure.

If you have had sedation for your procedure there are a few things you must not do for up to 24 hours.

1. Drive a vehicle
2. Drink Alcohol or smoke cigarettes
3. Make important decisions eg signing legal documents
4. Operate heavy machinery
5. Engage in strenuous activity

Please follow any additional information from the operating department staff.

What to expect/do:

- Once the local anaesthetic has worn off the sites where the needles were inserted may be uncomfortable in the first few days. This usually responds to simple pain killers like Paracetamol or the anti inflammatory (if you're ok to take them) like Ibuprofen.
- Within the first few weeks stiffness, bruising or just feeling tender is common and the same pain killers, cold or heat packs can help.
- Within the first few weeks a flare up of your normal pain is common or even a sunburn type sensation. Please contact the rooms and your medications can be adjusted or often a compounded cream rubbed into the area can be helpful and your doctor can prescribe this.
- Normal activities are allowed within 72 hours of the procedure including swimming, going to the gym etc. If feeling tender, light stretching is still encouraged as maintaining mobility even during a painful period is important.
- You can shower as soon after the procedure as you are steady but avoid a bath for the first 72 hours.
- The rooms will be in contact to organise the standard follow up appointment at 2 months after the procedure. It is not uncommon for the peak effect of the procedure to be after 6 to 8 weeks.

For any questions/concerns please contact the rooms at the contact details below.

If there are any signs of being generally unwell such as a fever or if the pain seems extremely severe then seek medical assistance straightaway through the rooms, your G.P. or out of hours please attend your nearest Emergency Department.