

PRE-RFA INSTRUCTIONS

Injections in the lumbar spine are generally very safe procedures. At the Pain Prevention and Rehabilitation Center, we adhere to very stringent regulations to ensure your safety and comfort. Our staff is very well experienced to answer and resolve any concerns you may have before and after your procedure. Dr. Manish Suthar takes extraordinary steps to reduce pain during the procedure. Lidocaine, an anesthetic, will be administered to numb the area to be treated.

Before you are eligible for Radiofrequency Ablation (RFA), you must have 2 successful Medial Branch Blocks (MBB) to define the source of your lower back pain. In addition, you must not have any pain radiating into the arms or legs.

Preparing For an RFA Treatment:

- Eat a small breakfast or meal.
- Discontinue aspirin for 1 week.
- If taking a blood thinner (plavix, elavix or coumadin) please contact your prescribing physician for instructions to stop those medications temporarily (typically 3-7 days).
- Take your routine medications for heart or blood pressure as usual.
- If you have an active infection **and** taking antibiotics please notify our office prior to your visit.
- Please do not worry about the procedure and get some sleep!

How Long Will The RFA Take?

The injection procedure itself only takes about 30 minutes, however you should expect to be here 1 to 2 hours from start to finish. ***A driver is required for the injection; if you do not have a driver your injection may be cancelled.***

During RFA Treatment:

Prior to the injection, you will be asked to sign a consent form. A Nurse/MA will review and answer your questions. Dr. Suthar will explain and outline the procedure steps, anticipated results, and any other questions you may have. *Due to time constraints, new or different problems can not be evaluated on the same day.*

You will be taken to a special treatment room. Your vitals will be monitored. With a sterile field and under x-ray guidance, Dr. Suthar will numb the skin to begin the procedure. Your verbal feedback during the treatment is important.

After your injection, if necessary, you will return to the recovery room for 30 minutes for observation. When you are released, you will need to have someone drive you home. After your injection, it is recommended that you have “***a lazy day***” and preferably not return back to work.

A follow-up appointment in 4 weeks will be scheduled.