

Radiofrequency Neurotomy (RFN)

This handout provides information about what you might expect to happen following radiofrequency neurotomy. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

For your procedure today you have been given a light sedation. For this reason, you should not drive, sign documents or make important decisions for the next 24 hours.

Post Procedure Information

- You may experience a temporary flare up or increase in your pain, particularly in the first week or two following the procedure, please be assured that this is normal and it will ultimately settle.
- Stiffness, tenderness and bruising are quite common post procedure and should pass within one to two weeks. Cold packs or heat packs and analgesia may assist with this.
- Most patients should notice some improvement in 2-4 weeks. The full effects of Radiofrequency Neurotomy (RFN) may take up to 6-8 weeks to evaluate. However, if after 6-8 weeks you feel the procedure was not entirely beneficial, please contact the Clinic to discuss your options.
- A small percentage of patients experience a tingling, burning pain, often with touch sensitivity (like sunburn). This is known as "neuropathic" pain. First line treatment for any short term neuropathic pain is a transdermal preparation (cream).
- A pharmacist from a compounding pharmacy will contact you post procedure to discuss the associated costs and delivery for the transdermal preparation. **If you have not received a call within three days, please contact the pharmacy on 1300 789 878 to follow up.**
- You may resume normal activities as tolerated within the next few days (e.g. swimming, gym and physio). Remember to keep mobile, gently stretching; even if it hurts. You are not going to "undo" the procedure or harm yourself.
- You can remove the dressing after 24 hours. You may shower with this dressing on, but you cannot have a bath in the first 72 hours.

We would love RFN to be an ultimate cure, but it is not.

If you consider the RFN to have been successful (providing you with pain relief for about 9-24 months) and if your same pain recurs, the RFN can be repeated. You can phone the Clinic to discuss your options.

FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.