

# Racz Catheter Epidural Adhesiolysis

This handout provides information about what you might expect to happen following Racz catheter epidural adhesiolysis. 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 anaesthetic. For this reason, you should not drive, sign documents or make important decisions for the next 24 hours.**

This procedure is intended to provide you with longer term pain relief by reducing scarring and inflammation around the nerve root.

After the procedure you will be given a long term pain chart to record your response to the procedure.

## 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 and analgesia may assist with this. If your injection has included cortisone you may experience mild reactions like facial flushing or a feeling of feverishness (without an elevated temperature). These symptoms can be relieved with a simple antihistamine available from your local pharmacy.
- You may resume normal activities as tolerated within the next few days. 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.

## Completing your pain chart

- Chart your pain compared to your usual pain.
- Test your pain – if you only experience pain during a certain activity or when moving in a certain way, make sure you repeat that activity or movement to see if your pain has changed.
- Try to identify any component of your pain that changes or disappears, or any changes in your range of motion, such as being able to move more easily – mark these changes on the pain chart.
- When recording daily or weekly scores, chart the worst pain that you have experienced during that day or week.
- Do not record the local soreness of the injection site/s.

## Returning your pain chart

- It is essential that you return your pain chart to the clinic so that a treatment plan can be devised. If you don't hear from us within 2 weeks of sending it back, consider contacting the clinic to ensure that the chart has been received.
- When your pain chart has been assessed you will be notified of the next step in the process.

## To return your pain chart

Email: info@metropain.com.au

Fax: 03 9595 6110

Post: Metro Pain Group, Ground Floor, 271 Clayton Road, Clayton VIC 3168

Please keep a copy for your records.

## 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.