

## **ADVANCED PAIN MEDICINE, PSC**

**101 Prosperous Place, Suite 300**

**Lexington, KY 40509**

**Phone: 859-271-3114**

**Fax: 859-271-0220**

### **Radiofrequency or Pulse Rhizotomy Discharge Instructions**

After your injection(s) today:

- \* Do not drive or operate machinery for 24 hours
- \* Do not engage in any strenuous activity or heavy lifting
- \* Resume your regular diet
- \* Drink plenty of fluids
- \* You may remove any band-aids tonight
- \* Rest
- \* Do not take a bath; you may shower
- \* Take your usual medications as prescribed
- \* No lifting over 5 pounds

You may experience any of the following after your procedure:

- \* Tenderness and/or burning sensation at the injection site for several days. The sensation is due to the "burning" of the nerves and a small portion of the surrounding tissues.
- \* You may also experience a temporary worsening of your previous symptoms (leg pain, neck pain, etc.)
- \* **DO NOT DRIVE A VEHICLE UNTIL ALL NEW NUMBNESS, TINGLING, AND WEAKNESS IS COMPLETELY RESOLVED.**

You may notice a small, tender, bruised area and may experience some discomfort in the area where your injection was performed. You may use ice to decrease discomfort and inflammation at the injection site for 24-48 hours after the procedure.

Please notify Advanced Pain Medicine, PSC if you develop any of the following:

- \* Heavy bleeding, new weakness or numbness, or uncontrolled pain
- \* Drainage or increased pain at the injection site(s)
- \* Fever of 101 F or greater that does not resolve with medication
- \* Unusual or new symptoms

Advanced Pain Medicine, PSC is open Monday - Friday, 8 A.M. - 5 P.M. For emergencies or after hours, call the physician on call at (859) 271-3114. In case of emergency, please go to the nearest emergency room. If for some unforeseen reason you are unable to reach the physician on call, please go to the nearest emergency room.

APM, PSC

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