

Care After a Percutaneous Radiofrequency Facet Nerve Block

General Information

- Do not drive a car, use mechanical equipment or make major decisions for 24 hours (the medicine may make you drowsy or affect your judgment).
- Have a responsible adult drive you home (the medicine and procedure may interfere with the safe operation of your vehicle).
- Use an ice pack for 20 minutes every 2 hours for the first 24 hours.
- You may use a heating pad after the first 24 hours.

Activity

- Increase your activity gradually.
- You may remove the dressing in 24 hours.
- You may shower or bathe after taking off the dressing.
- Continue your back exercises as your health care provider ordered.

Medicines

- Take prescribed medicine as your health care provider says.
- Take aspirin, Tylenol®, Extra Strength Tylenol® or ibuprofen for minor discomfort.
- Take any medicines you took before the nerve block.

Your Health Care Provider

Name: _____

Phone number: _____

Diet

- You may return to your normal diet.
- Do not drink alcohol for 24 hours or while you take prescription medicine.

When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- swelling
- a temperature higher than 100 F
- drainage
- redness
- warmth.

Follow-up Appointment

Talk with your health care provider about when you can go back to work. Schedule a follow-up appointment about 6 weeks after the procedure or as otherwise directed.

If you have any questions about the exam, please call your health care provider.