

## Care After Cervical/Thoracic/Lumbar/Genicular Rhizotomy (Radiofrequency)

You had a radiofrequency procedure to disrupt the nerve's ability to cause pain.

You may be sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice to the site for 20 minutes on and 20 minutes off to decrease pain. After 24 hours, you may use heat if needed.

Do not expect your pain to go away right away. Limit your activities for the first few days. It may take up to 8 weeks before you have pain relief. Take your pain medicines as directed.

You may have some weakness for the next 3-5 hours. Plan to take it easy. No tub baths or soaking of the sites for one week. Do not shower for 24 hours.

You may take your routine medicines and pain pills after the procedure as directed by your doctor.

You will be given a form called a pain log to complete for the next 14 days. Complete the log and mail it back to us. This information helps us decide the next step in your treatment plan.

### Signs of Infection

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart
- Increased redness, swelling around the site
- Any drainage from the site

### When to Call

**The day of the procedure**, for any problems or concerns call Madison Surgery Center

After hours use number listed below. Tell the receptionist you had a procedure done that day and need to speak with your doctor, include the reason for the call.

**For new symptoms or signs of infection** call your doctor listed on the After-Visit Summary.

To discuss the next steps in your plan of care, contact the provider that **ordered** your procedure.

### Who to Call

Madison Surgery Center (6AM-5PM)  
**608-287-2200**