

Lumbar Medial Branch Radiofrequency Ablation

Diagnosis: Lumbar spondylosis / Lumbar facet arthropathy

Radiofrequency ablation is a procedure performed to provide long lasting relief of facet joint pain. The patient must have appropriate relief with previous diagnostic medial branch block.

Procedure: The patient is brought to the procedure room and placed on his/her stomach. Under fluoroscopic guidance, the lumbar spine is visualized and target entry point selected. The skin overlying the injection site is then cleaned with a sterilizing solution. Local anesthetic is used to numb the injection site. Then, a needle with an electrode tip is advanced towards the facet joint. Once the needle is thought to be in the correct position overlying the medial branch location, there is a testing process that occurs to ensure that the needle is safely positioned correctly. Then, the electrode is heated and cauterizes the medial branch nerve. Once the cauterizations are complete, the needles are removed. The back is cleaned and sterile dressing is applied. The patient is then taken to the recovery room until discharge.

Medications used: Local anesthetic

Recovery: 15 minutes with local or 30 minutes after sedation

After the procedure, you may have soreness at the injection site. It may take several weeks for the pain to subside. The pain relief typically lasts between 9-12 months.

Potential risks of Cervical Radiofrequency Ablation include, but are not limited to:

- Allergic reaction to the anesthetic or contrast dye. *Be sure to inform us before the injection if you have any known allergies*
- Bleeding
- Infection
- Temporary pain at the injection site

