



Spine Institute of Arizona

FACET RADIOFREQUENCY DENERVATION

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It has been recommended that you have a facet radiofrequency denervation procedure. The procedure burns (destroys) the nerves that carry pain signals from irritated facet joints in your spine. Radiofrequency, performed under fluoroscopic (x-ray) guidance, is typically done after patients have undergone two successive facet joint injections with anesthetic to hopefully provide longer lasting relief.

Before arriving for your injection, please review the separate "Injection Instructions" we have provided you.

When you arrive for your procedure, you will be asked to put on a gown. Then, you will be escorted to the procedure suite. During the procedure, we will monitor your breathing, blood pressure, and heart rhythm. If you choose to be sedated, we will start an IV in your arm for medications that will relax you and alleviate pain.

If you are having facet radiofrequency denervation performed in your neck, you will be laying on your stomach (abdomen) or on your side. If you are having this procedure in your low back, you will be laying on your stomach (abdomen). Your back or neck will be cleaned with special antiseptic. Your skin will be numbed with local anesthetic. Then using fluoroscopic (dynamic x-ray) guidance, the physician will position the needle near the chosen facet joint(s). Once the needle is near the facet joint, the physician will first perform a test simulation to ensure that the needle is not contacting unwanted nerves; consequently, you may feel a harmless, non-painful "thumping" in the muscles along your spine. Confident that the needle is in the proper position, the physician will then burn the nerve to the facet using radiofrequency energy. The nerve targeted to be destroyed will typically be anesthetized with "numbing medication" such as lidocaine before and after it is burned, so that you will feel little, if any, discomfort during the procedure.

If you have any questions or concerns that were not addressed above, please call our office at (602)-953-9500.