



After your procedure

**Pulsed Radiofrequency**

This information sheet provides some general advice on what to expect after your procedure. If you have had sedation for your procedure there are a few things you must not do for up to 24 hours.

1. Drive a vehicle
2. Drink Alcohol or smoke cigarettes
3. Make important decisions eg signing legal documents
4. Operate heavy machinery
5. Engage in strenuous activity

Please follow any additional information from the operating department staff.

What to expect/do:

- Once the local anaesthetic has worn off the sites where the needles were inserted may be uncomfortable in the first few days. This usually responds to simple pain killers like Paracetamol or the anti inflammatories (if you're ok to take them) like Ibuprofen.
- Within the first few weeks stiffness, bruising or just feeling tender is common and the same pain killers, cold or heat packs can help.
- Within the first few weeks a flare up of your normal pain is common. Please contact the rooms if severe and your medications can be adjusted if this is required.
- If this procedure is accompanied by an epidural/nerve root block then please follow additional advice. After epidural/nerve block in the lower back (lumbar spine) a feeling of weakness or numb leg is normal immediately after the procedure and will resolve within 6 hours. **If severe/worsening weakness and or numbness in the leg develops then attend the nearest Emergency Department immediately.**
- Normal activities are allowed within 72 hours of the procedure including swimming, going to the gym etc. If feeling tender, light stretching is still encouraged as maintaining mobility even during a painful period is important.
- You can shower as soon after the procedure as you are steady but avoid a bath for the first 72 hours.
- The rooms will be in contact to organise the standard follow up appointment at 2 months after the procedure. It is not uncommon for there to be no immediate benefit and peak effect of the procedure to be after 6 to 8 weeks or rarely longer.

For any questions/concerns please contact the rooms at the contact details below.

If there are any signs of being generally unwell such as a fever, very short of breath or if the pain seems extremely severe then seek medical assistance straightaway through the rooms, your G.P. or out of hours please attend your nearest Emergency Department.



NORTHERN BEACHES  
PAIN MANAGEMENT

Please note, Northern Beaches Pain Management does not operate an out of hours emergency service.  
For medical emergency you must dial 000/attend your nearest hospital emergency department.

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