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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

RADIOFREQUENCY LESIONING OF FACET JOINTS

Pain Management Service

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Telephone 01784 884488 Facsimile 01784 884017

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone 01932 872000 Facsimile 01932 874757

PATIENT INFORMATION

WHAT IF I HAVE FURTHER QUESTIONS?

Before treatment - you should ask your doctor before you sign the consent form.

After treatment (on day ward) - ask a member of staff, they will answer your questions or will contact your doctor.

After treatment (at home) - the Pain Clinic runs a help line answerphone service for non-emergency queries.

Please call **01932 723998** - calls will be returned on the following Monday or Thursday.

Urgent calls after day surgery should be directed to Accident and Emergency Department, telephone **01932 722321**, or to your own doctor.

FURTHER INFORMATION

The Pain Society provides a comprehensive web site that you may find useful at www.britishpainsociety.org

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Generally, you will feel stiff and sore for a few days after the treatment, this can last for 2 weeks. You should take your normal pain killers regularly during this period, and maintain stretching and mobility after the first night following treatment. Rarely, infection, nerve injury, or puncture of the lining around a nerve can occur. It is possible that you may become faint during the procedure, but you will be monitored all the time and treated at once if you do feel unwell.

IS THERE ANY ALTERNATIVE TO THIS TREATMENT?

Back pain is often treated most effectively with more than one treatment at the same time. Physiotherapy, exercise, painkillers, and TENS therapy are some other options.

Radiofrequency treatment of the facet joints is an option but patients do best when this is combined with other treatments aimed at aiding rehabilitation.

There are no direct alternatives to facet joint radiofrequency denervation, and no other injections which do exactly the same thing. However, without facet joint denervation other treatments may still be quite effective.

WHAT HAPPENS NEXT?

In general, treatment is well tolerated and you will be allowed home after a short period of observation on the day surgery ward. You should have a responsible adult to take you home and stay with you at home that night. You will attend outpatients for follow up after your treatment. You should rest till the next day then introduce gentle stretching exercises at home.

WHAT ARE FACET JOINTS?

The spine is a column of bones arranged one on top of the other. The bones are linked at the back by joints called facet joints, one on each side. The joints hold the bones together and stabilise the spine but must also allow movement - bending and stretching.

The joints may become painful due to wear and tear, stress or injury, although the reason is not always clear. Pain is felt around the joints and in the surrounding area. For example, pain starting in joints of the lower back will often be felt in the buttocks and upper legs.

When the joints are tender and sensitive, the muscles nearby tighten to protect them and often, if it continues for some time, this also becomes painful.

WHAT IS RADIOFREQUENCY LESIONING?

This treatment aims to locate the nerve to the facet joint and to interrupt it without destroying it. This will reduce feeling and pain from the joint and allow a break in the cycle of pain easing mobilisation and rehabilitation.

HOW DOES RADIOFREQUENCY LESIONING WORK?

A needle is placed near the nerve to the joint; a probe is then placed down the needle. When radiofrequency current is passed down the probe, a very small area of heat is created that causes a break in the nerve. This break will heal as the outer coating of the nerve is not broken.

WHAT IS THE AIM OF TREATMENT?

To reduce pain in the joints. This will, in turn, help to reduce spasm in the overlying muscles and will reduce stiffness and aid in improving mobility.

HOW IS THE TREATMENT PERFORMED?

You will lie on your front to allow treatment of your back. The area will be washed with antiseptic solution to prevent infection. X ray will be used to see the bones and joints and to guide the doctor to position the needle. Local anaesthetic will be injected to numb the skin. The needle is then placed at the usual location of the nerve.

The nerve itself cannot be seen with X ray so the doctor will then test to see that the probe is close enough to the nerve to produce a good treatment result. This is done by passing a very small current down the probe which is felt as a new sensation in the area to be treated. Often patients describe feeling warmth or pressure. This stimulation is very rarely painful. If you feel sensation down the leg you should tell the doctor.

The stimulation frequency is then changed to stimulate muscle movement. You may feel twitching in a muscle of your back, and this is expected. If twitching is felt in the leg it may mean that the probe needs to be moved to another position.

The doctor will both observe this and ask for your feedback.

Once the doctor has located the best position for the probe local anaesthetic will be injected down the probe to numb the nerve so that the treatment is not painful. It is important not to move after this before the treatment is done at that level (60-90 seconds are allowed for the local anaesthetic to take effect, then a further 60-90 seconds are required for the radiofrequency lesion) as the nerve is now numb and cannot be retested.

The procedure is then repeated at other levels which require treatment.

HOW LONG WILL IT TAKE?

The procedure will take approximately one hour to find and treat the nerves. If you find this too long or too uncomfortable, you should tell the doctor, who can stop the procedure, and arrange for you to be reviewed in out patients to reassess other options for management, or arrange to waitlist you again to complete your treatment on a further occasion.

WHAT IS THE POTENTIAL BENEFIT?

Reduction of pain and stiffness. This should allow improved ability to exercise and rehabilitate.

WHAT ARE THE POTENTIAL RISKS?

Immediately after the treatment you may have some temporary numbness or weakness in your arms or legs - this will be very short lived.