

# **Radiofrequency Neurotomy (RFNA)**

## **Pre and Post Procedure Instructions**

### **Pre-Procedure Information**

1. These procedures are performed in an ambulatory surgery center under conscious sedation (anesthesia). Expect to avoid eating and drinking for several hours before the procedure – the ambulatory surgical center will inform you of specific guidelines.
2. The following medications are “blood thinners” of one sort or another and must be avoided before the procedure:

#### **Aspirin**

Aspirin and all aspirin containing medications (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin, Pentasa, and others) – **Stop 7 days prior to your procedure.**

**All medications listed below should be stopped 3 days prior to your procedure:**

#### **NSAIDs (NON STEROIDAL ANTI-INFLAMMATORIES)**

Choline and magnesium salicylates (CMT, Tricosal, Trilisate)

Choline salicylate (Arthropan)

Diclofenac potassium (Cataflam)

Diclofenac sodium (Voltaren, Voltaren XR)

Diclofenac sodium with misoprostol (Arthrotec)

Diflunisal (Dolobid)

Etodolac (Lodine, Lodine XL)

Fenoprofen calcium (Nalfon)

Flurbiprofen (Ansaid)

Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)

Indomethacin (Indocin, Indocin SR)

Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)

Magnesium salicylate (Arthritab, Bayer Select, Doan’s Pills, Magan, Mobidin, Mobogesic)

Meclofenamate sodium (Meclomen)

Mefenamic acid (Ponstel)

Nabumetone (Relafen)

Naproxen (Naprosyn, Naprelan)

Naproxen sodium (Aleve, Anaprox)

Oxaprozin (Daypro)

Piroxicam (Feldene)

Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)

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Sodium salicylate (various generics)  
Sulindac (Clinoril)  
Tolmetin sodium (Tolectin)

**This is a partial list. If you are unsure whether you are taking an NSAID, please call us.**

**Please notify our office if you are on any of the medications listed below. These will probably need to be held for several days prior to your injection.**

Warfarin (Coumadin)  
Acenocoumarol  
Heparin  
Low molecular weight heparin: Enoxaparin (Lovenox)  
Dalteparin  
Fondaparinux  
Clopidogrel  
Prasugrel  
Ticagrelor  
Cangrelor  
Dabigatran  
Rivaroxaban (Xarelto)  
Apixaban (Eliquis)  
Edoxaban  
Abciximab  
Eptifibatide  
Tirofiban

3. You will need to be driven home from the procedure so make appropriate arrangements.

### **Post Radiofrequency Neurotomy (RFNA) Instructions**

Normal activity can be resumed the day after the procedure. Due to the conscious sedation, no driving or operating dangerous machinery on the day of the procedure. For local muscle tenderness, ice the procedure area 15 minutes 3-4 times per day. If you experience an amplification of your usual pain post procedure, contact your doctor and ask if you can use a little higher dose of your usual pain medication for 3-10 days.