This leaflet is available in large print and audio version - call 0800 0730510

This leaflet can be made available in other languages. If required please contact the Patient Information Co-ordinator on 0800 0730510

यदि आपको यह दस्तावेज अपनी भाषा में बांटने की आवश्यकता है तो प्रेषण इन्फ्रमेशन को-ऑर्डिनेटर को टेलीफोन संख्या 0800 0730510 पर फोन करें।

अगर आपके सामने यह वितरण साधन आपके भाषा में नहीं है, तो उसे आप अपने पेशेवर लेखक को (मुख्यतः जिला स्वास्थ्य सेवा) भेज सकते हैं और उसे दर्ज करने के लिए पेशेवर इन्फ्रमेशन हेड-ऑफिसीज़ में 0800 0730510 पर संपर्क करें।

आपने यदि इस प्रकार के अपने निजी कार्यालय पश्चात चान, ताही दल देने के लिए पेशेवर इन्फ्रमेशन को-ऑर्डिनेटर के साथ 0800 0730510 नंबर पर कॉन्टृक्ट कर सकते हैं।

아니요 이 경우에도 우리는 본 동물의 번역 되지 않을 수도 있습니다. 본 내용의 번역을 원하시면 본 내용의 번역을 원하시면 0800 0730510에 연락해 주십시오.

Information Co-ordinator

Patient Information

The Dudley Group of Hospitals
NHS Foundation Trust
Facet Rhizolysis

*What do we mean by this?*

Facet rhizolysis is a process where heat as well as drugs is used to treat pain that is thought to be coming from the facet joints in your back, previous facet joint injections will have reduced your pain for a period of time but it is hoped by using this treatment a much longer period of reduced pain will be achieved.

*Why are you having this type or treatment?*

This type of treatment is being given because

- You have responded well to previous facet injections (drug based injections into your back)
- You have pain in your leg(s) or arm(s) as well as your back
- It has been found, through experience and reports from patients who have had this treatment, that a much longer period of pain relief may be achieved.

*What happens when you have facet joint injections?*

This is carried out in theatre while you are awake. You may be offered an injection into the back of your hand to help you to relax. Your back will be cleaned with an antiseptic solution which may feel cold.

You will be asked to lie on your stomach. If unable to do this, inform a member of staff.

The doctor may press along your back to identify the joints most affected. This can cause some discomfort, albeit short-term.

Your back will then be cleaned with an antiseptic solution which may feel cold. Sterile sheets will then be placed around the area for injection. A theatre light will be shone over the area, which may feel warm.

Local anaesthetic will firstly be injected. This will sting, but only for a few seconds. A needle is then inserted into the area to be treated. Once the
doctor is happy that the needle is in the correct place they will carry out a test to confirm this, a small electrical current will be passed down the needle reproducing symptoms in the area you normally experience your pain. You will be asked to tell the doctor what you feel and where you feel it; it may be a tingling or pulse-like sensation. Once position is confirmed, then the stimulation is discontinued and a small radio frequency current is passed down the needle, heating the tip to 80°C. This lasts for approximately 90 seconds. This procedure is then repeated for each facet joint to be treated. Although it may be uncomfortable, this procedure is not unduly painful. If you do feel pain, please inform a member of the theatre team.

What are the risks of having this procedure?

Frequent risks

- Headache

Occasional risks

- Localised infection at site of injection.
- Injection into the intrathecal space (the space where the fluid is that surrounds the brain and spinal cord).
- The feeling of your arm(s) or leg(s) being dead or numb.
- Shooting pain like electric shocks.
- Bruising.
- Collapse.
- An increase, or no change in your pain. This should only last a few days.

Rare risks

- Nerve injury.
- Bleeding.
What do I need to do on discharge?

If possible, you should go home and rest for the remaining part of the day. The next day you will need someone at home to help you, so you do as little as possible, but you do not have to stay in bed. The plaster(s) may now be removed.

You should gradually increase your level of activity. However, DO NOT take up new or unaccustomed exercise until your muscles have had time to acclimatise. Start simply by taking two walks a day but keep it to a distance you know you can manage. Avoid overdoing it too soon. Build up by increasing your distance by 10% every few days. The eventual aim is for you to walk briskly and be able to make yourself breathless. If this idea does not appeal, then can we suggest swimming. Try swimming once or twice a week using front crawl or backstroke as this is easier on your back. By doing these suggested exercises, you will allow your back muscles to regain some of the lost strength and help them support your spine. If you do not strengthen your back muscles, any benefit from the facet injections will be very short-term, as they are not a cure in itself, only a form of symptom management.

Contact

Jane Southall/Candice Baker/Clare Allcock
Clinical Nurse Specialists in Pain Management
01384 456111 ext. 4735 connected to an answering Machine
Direct dial: 01384 244735
Bleep: 7066

After 5pm, weekends and Bank Holidays

Your G.P. or NHS Direct

Review February 2011