

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

Gujarati

تکایه پرسیار بکه نه گهر نه وزانیاریهت دهوی به زمانیکی تر ، به بیته گه وره یانیش به شیوهی دهنگ

Kurdish

اگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارروں کو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document History

Authors	The Chronic Pain Team
Department	Chronic Pain Service, Box 215, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.addenbrookes.org.uk
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Addenbrooke's Hospital 
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Chronic Pain Clinic Patient Information Denervation

What is a denervation?

A denervation is a procedure that aims to permanently stop a nerve transmitting pain. The nerve is destroyed by heating it with an electrical current from a special device, a radio-frequency machine. This treatment is usually done when other injections such as facet joint injections have been effective.

Before the procedure

- The procedure is usually carried out as an outpatient at Addenbrookes Pain Clinic on level three.
- Your stay may be between two to four hours and before any treatment begins you will be asked to provide assurance that someone is able to drive you home.
- You will have a morning appointment.
- On arrival, you will be asked to complete questionnaires as part of an audit and to record improvements in pain levels.
- You will be asked to change into a theatre gown and your blood pressure and pulse will be recorded.
- Your doctor will then discuss the procedure with you and ask you to sign a consent form.

Points to remember

- Please bring your glasses if you need them for reading.
- Always bring a list of all current medication.
- Continue taking all your usual medication on treatment day unless advised to omit anything by the Pain Clinic.
- If there is any possibility you may be pregnant please inform the doctor or nurse.

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please speak to your doctor or contact the Pain Clinic. (The number below is generally manned 0800 – 1700 Monday to Friday; there is an answer machine out of hours, please leave a message and we will return your call).

Telephone number: 01223 216993

The procedure

- In the treatment room, you may have a small needle (Cannula) placed in the back of your hand. This allows the doctor to give you sedation and/or intravenous fluids if necessary.
- A self-adhesive foil plate will be placed on your thigh. This is connected to the radio-frequency machine to make an electrical circuit.
- Once you are lying in the correct position the doctor will clean your back with an antiseptic solution which can feel very cold.
- The procedure will be carried out under x-ray screening.
- Local anaesthetic is injected into your back, which may sting at first, but the area will soon go numb.
- A special hollow needle is inserted into your back. A very thin wire will then be threaded down inside the needle and attached at the other end to the machine.
- You will be asked to say when you can feel a tingling or twitching sensation as the doctor tests the machine on different settings. This is very important as it makes sure the tip of the needle is in exactly the right place.
- The machine settings will then be set to destroy the nerve by heating it for a minute. You should not feel anything.
- This process may be repeated at different points on your back. A cold spray may be used over the injection site once the procedure is completed.

Following the injection

- After the procedure you will be taken to the recovery area where the nursing staff will observe you.
- You may feel a little drowsy and wish to sleep.
- You will then be offered light refreshment before you leave.

Please ensure that you have arranged for someone to drive you home after this procedure. Failure to do so will result in your procedure being cancelled.

If you have had sedation, we recommend that you arrange for someone to stay with you overnight and that you do not drive for 24 hours.

What to expect afterwards

- You may find that your pain gets worse before it gets better.
- You may notice a feeling of numbness, heaviness or pins and needles. This is normal and will wear off.
- It may help to use a hot water bottle or an ice pack on the affected area.
- Take your regular pain killers as normal.
- Try to keep on the move about the house but do not do anything too strenuous.
- As your pain decreases you should try to gently increase your exercise. Simple activities like a daily walk, using an exercise bike or swimming on your back will help to improve your muscle tone and strengthen your back. The best way is to increase your activity slowly.
- Try not to overdo things on a good day so that you end up paying for it with more pain the following day.

Follow up

A letter will be sent to your GP and a further appointment to see your pain consultant will be posted to you.