



Post-Operative Instructions for Cluneal Nerve Rhizotomy

General Instructions:

You may feel lightheaded, dizzy, and fatigued. The sedation may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 24 hours and/or while taking pain medications.
- **No** driving for 24 hours.
- You need a responsible adult to remain with you for the remainder of the day for your safety and to assist you with your activities.
- Advance to a normal diet as tolerated.
- Rest for 24 hours.
- Avoid baths, pools, hot tubs, and the ocean for 2 weeks or until cleared by your physician.
- Avoid strenuous activity or exercising for 2 weeks or until cleared by your physician.
- Cough and deep breathe frequently to promote good lung function.

Prescription Medications:

- Take antibiotics as prescribed by physician to avoid an infection.
- Take pain medicine as prescribed by MD. (Recommended to take with food to avoid nausea)
- Resume your blood thinner tomorrow, If Applicable.
- Resume all your normal medication, unless otherwise instructed by your physician.

Incision Care:

- Keep all dressings clean and dry.
- You may experience some discomfort at the incision site for several days to weeks. You may use ice for pain; however, you must keep your dressing dry and intact. Apply to site 15-20 minutes, remove for 20 minutes to allow skin to return to normal temperature.
- **Do Not** apply heat.
- Your incision most likely is covered with steri-strips that will come off by themselves in five (5) to ten (10) days. Do Not pick at or remove them.
- A small amount of bleeding may occur on your dressing, this is normal. If it seems excessive, call your physician's office.
- You may shower in 48 hours, keeping opsite dressing as dry as possible. Do Not wash area. Pat dry.

Follow-up Appointment:

- Call your physician's office tomorrow to schedule a post-operative appointment. You will need to be seen within the next 7-10 days.

Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment.

- Fever greater than 101 degrees.
- Redness, swelling, or excessive bleeding.
- Foul smelling drainage from the incision.
- Persistent nausea or vomiting.
- If you experience out of control pain or severe headache ie: pain that is not relieved with your prescription pain medications.
- If you experience any sudden increase in numbness or weakness of your extremities.

Call 911 Immediately for any difficulty breathing, profuse bleeding, or difficulty arousing patient.