SpinePain SOLUTIONS

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SpinePainSolutions.com

Post-Procedure Instructions: Intracept™ (Basivertebral Nerve Ablation)

After your procedure

SpinePain Solutions · Patient handout

Follow any specific instructions your care team gives you. These instructions do not replace advice from Dr. Sharma or your SpinePain Solutions care team. Follow any personalized instructions you were given at discharge. If something on this sheet conflicts with what you were told, follow your care team's directions and call the office.

Call 911 or go to the nearest emergency room if you have:

- Chest pain, trouble breathing, or coughing up blood
- New or worsening weakness in your legs, or you cannot walk or stand (after the numbing medicine has worn off)
- New trouble controlling your bladder or bowels, or new numbness in the groin, buttocks, or inner thighs
- Confusion, fainting, or a sudden, severe headache
- Bleeding from the incision that does not stop after 10 minutes of firm pressure

Call the office right away at 631-310-0000 if you have:

- A temperature of 100.4°F (38°C) or higher, or shaking chills
- Redness, warmth, or swelling around the incision that is getting worse, or drainage that is cloudy, yellow-green, or bad-smelling
- Clear, watery fluid leaking from the incision, or a headache that gets worse when you sit or stand up and better when you lie down
- Pain that keeps getting worse, new sudden severe back pain, or pain that your medicine does not control
- Pain, swelling, or redness in one calf or leg
- New tingling or numbness that is spreading

If you cannot reach the office and you are worried, go to the nearest emergency room.

What was done

You had the **Intracept™ procedure** (basivertebral nerve ablation). Through a small incision in your back, a specialized probe was placed into the vertebral bone to heat and interrupt the basivertebral nerve that can carry vertebrogenic (bone-related) low back pain.

What to expect in the first 24–48 hours

- Soreness at the incision and deep aching in the treated area are common for several days (sometimes up to a few weeks).
- Local anesthetic numbness usually fades over hours.
- Improvement in your usual chronic low back pain may begin in days to weeks. Many people continue to improve for up to about **3 months**. Early procedure soreness does not mean the treatment failed.
- Sedation can leave you tired or unsteady today—have someone with you.

Activity and lifting

- Begin **light walking** as tolerated the day of or day after the procedure. Increase gradually.
- **Do not lift more than 10 lb** (a full gallon of milk weighs about 8 lb), and avoid strenuous activity and extreme bending or twisting, for **2 weeks**. Increase activity only when your care team says it is safe.
- Physical therapy is sometimes recommended later to rebuild strength—ask at follow-up.

Dressing and bathing

- Keep the dressing clean and dry. Reinforce if lightly soiled; call if it soaks through with bright blood.
- You may usually **shower after 48 hours**. Let water run over the back; do not scrub. Pat dry.
- **No soaking** (bath, pool, hot tub) until the site is healed and your provider says it is safe.
- If you have a suture that needs removal, the office will tell you when to return (often about 10–14 days).

Medicines, ice and heat

- Resume your usual medicines unless instructed otherwise. Restart anticoagulants (blood thinners) **only as directed by your provider**.
- Use prescribed pain medicine if needed. Acetaminophen or other OTC options may be fine if safe for you.
- Ice 10–20 minutes at a time with a cloth barrier for the first few days. Avoid heat directly on the fresh incision.

Driving and work

- **Do not drive for at least 24 hours** after sedation or anesthesia, and do not drive while you are taking opioid (narcotic) pain medicine.
- Before you drive again, you should be able to turn your head and body, look over your shoulder, and brake quickly without pain slowing you down.
- Many people return to daily activities within **1–2 weeks**; desk work may be sooner. Confirm timing with your provider for your job.

Follow-up

Plan on a follow-up visit in about **1–2 weeks**. Call **631-310-0000** if you need to schedule. Relief from vertebrogenic pain often builds over weeks—share your progress at that visit.

Questions or concerns?

Please contact us through **Klara** or the **patient portal**.
You can also text us at **631-310-0000**, or call **631-310-0000**.
Website: **SpinePainSolutions.com**

Scan to open your patient portal

SpinePain Solutions · Dr. Amit Sharma · Bay Shore / Commack / Farmingdale · Phone: 631-310-0000. These instructions do not replace advice from Dr. Sharma or your SpinePain Solutions care team.

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