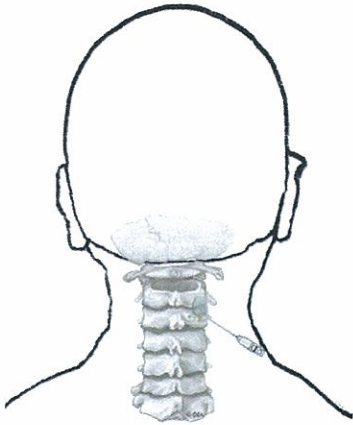
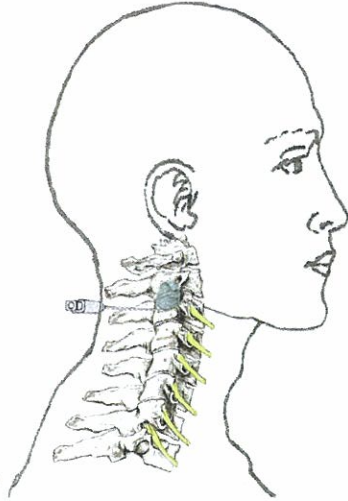


For Chronic Neck Pain & Headache



What happens after an injection?

You will be monitored for up to 30 minutes after the injection. When you are ready to leave, the clinic will give you discharge instructions. You will also be given a pain diary. It is important to fill this out because it helps your doctor know how the injection is working.

It may help to move your neck in ways that hurt before the injection, to see if the pain is still there, but do not overdo it. Take it easy for the rest of the day.

You may feel immediate pain relief and numbness in your neck for up to six hours after the injection. This tells you the medication has reached the right spot.

You can usually return to work the day after the injection, but always check with your doctor.

How long can I expect pain relief?

How long you can expect pain relief depends on how many areas are injured, and on the amount of inflammation.

If your pain goes away for a short time, but then returns, you may be a candidate for radiofrequency ablation (RFA) to the medial branch nerve. This procedure provides a more permanent disruption of pain signals.

This pamphlet is for general education only. Specific questions or concerns should always be directed to your doctor. Your doctor can explain possible risks or side effects.

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