

Electrothermal Catheter Therapy: After the Procedure



The procedure is over soon, but you won't recover overnight. For the first week, you may feel more back pain than usual. This is normal. It may take 6 months or more to reach full improvement of your back pain. Be patient and stick to your treatment plan to make sure you get better.

In the hospital

After your procedure, you'll be moved to the recovery room. You may stay there for 1 to 2 hours. You'll be given pain medicine if you need it. You will also be checked to make sure that your legs are not numb or weak. When it's time for you to leave, you'll be given:

- A prescription for pain medicine to take at home
- Instructions on how to take care of yourself during your recovery
- A back brace, if needed



At home

For the first 4 weeks:

- Rest and heal at home.
- Be careful not to bend or twist.
- Limit your sitting time as advised by your healthcare provider.

During this time, you will have a follow-up appointment with your healthcare provider. Depending on how your recovery goes:

- You may start to exercise as directed by your healthcare provider or physical therapist.
- You may return to work as soon as 4 weeks after the procedure, or as directed by your healthcare provider or physical therapist.

When to call your healthcare provider

Contact your provider right away if you have:

- Increasing redness or drainage from your needle insertion site
- Increasing pain, weakness, or numbness in your legs
- A fever above 100.4°F (38°C), or as directed by your provider
- Loss of bowel or bladder control
- A severe headache

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